

AMERICAN PRACTICE



OF MEDICINE

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THE  
AMERICAN PRACTICE  
OF  
MEDICINE.

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A TREATISE

ON THE PREVENTION AND CURE OF DISEASES, WITHOUT THE  
USE OF MINERAL OR VEGETABLE POISONS; OR THE TRUE  
SYSTEM OF MEDICINE, AS TAUGHT IN THE UNIVERSITIES AND  
COLLEGES OF THE UNITED STATES OF AMERICA, FOR  
PRACTITIONERS, STUDENTS AND THE PUBLIC IN GENERAL.

BY

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BIRMINGHAM:

WILLIAM H. DAVIS, PRINTER, CANNON STREET.

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## PREFACE TO THE TENTH EDITION.

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THE unprecedented success the former Editions of this Work have met with throughout the country; the high commendations of the principles it inculcates; the pleasure and satisfaction expressed by those who have possessed themselves of a copy; and, above all, the increasing demand for it from all parts where the *American Practice of Medicine* is known; induce the Author once more to appear before the public, trusting that, by further spreading amongst the community at large, a knowledge of the true principles of Medication, and pointing out a safe and rational mode of treatment for all forms of disease, without the use of mineral or vegetable poisons, the present Edition will continue the good work so successfully begun.

In addition to again revising and correcting the work, we have, on the last two pages, appended a list of the "Select Compounds," Pills, &c., we principally use in our own practice; and have, under their respective heads, enumerated the symptoms of the diseases for which they are recommended. This we have done at the suggestion of the greatest portion of our numerous readers, who, wishing to ensure the genuineness of the Medicines, prefer to have them ready prepared direct from our Establishment.

17, HYDE PARK CORNER,

*Southsea.*





## INTRODUCTION.

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**HEALTH**, that word, the sound of which sends a thrill of joy through every human heart; the enjoyment of which is a blessing of priceless value; it is that without which the world or the pleasures of life cannot be appreciated. Yet how few, how very few, can say that they are in perfect health, or that they never knew what it was to be sick.

Man was, no doubt, created by his Maker with such perfect relation and adaptation to the laws and conditions by which he was to be governed, that had he always lived in conformity with and obedience to them, he might have passed his infancy free from physical ills, enjoyed his youthful years with a vigorous body and buoyant mind, and his manhood in robustness of body and intellectual greatness; while through his declining old age, he could walk from the zenith of life down to the tomb without having for travelling companions those pains, aches, burning fevers, palsies, and various other forms of debility and degeneration of body and mind. Then could man look forward to that land of immortality, towards which this land is but a stepping-stone, with some degree of satisfaction, having had something of a foretaste of the joy, if not the bliss, there to be realised.

Such being the desirable conditions in which man could and would have lived had he always obeyed the laws of his

being, it follows, as a matter of course, that a violation of those laws would result in an opposite condition, a condition which, instead of securing happiness, would inevitably be productive of misery and suffering.

The evidence to sustain the above is to be found in the constitutional wreck of at least nine-tenths of the human family, for such is at present the deplorable condition of at least the civilised portion of mankind, that not more than one in ten can say that he is in perfect health.

In view of the fact that many of the causes of disease, physical and mental debility, are well known to all intelligent persons, our allusions to them have been brief, while we hasten to notice those which are not so generally considered by the mass of mankind to have the effect of undermining the constitution, destroying health and shortening life.

The first cause of constitutional debility and predisposition to disease is hereditary taint, *a transmitted tendency* from parents to their children, "even to the third and fourth generations."

There are other causes which constantly operate toward the destruction of health: such as unwholesome food, a want of sufficient exercise, impure air, intemperance in eating and drinking, the excessive or abnormal action of the animal passions, together with the poisonous and destructive means used as medicine (to correct some trifling deviation from health), which have placed man in a condition so completely

surrounded by enemies to health, that it becomes him to keep the most vigilant watch lest he be smitten down, and cut off in the midst of his days.

The object of this work is to point out a safe, rational and efficient mode of treatment, without resorting to those substances which, in their very nature, are inimical to health; but at the same time, we wish to make a direct appeal to the public (especially to the rising generation), that they should strive to reform and banish—if not all the causes that have so long been showing their effects in the yearly degeneration of our otherwise noble sons and daughters—at least such as are within their power, and which, if neglected or aggravated by improper treatment, may result in untold misery and even death.

## AMERICAN PRACTICE OF MEDICINE.

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### ON STEAMING FOR THE CURE OF DISEASES.

STEAMING is a very important branch of my system of practice, which would, in many cases, without it be insufficient to effect a cure. It is of great importance in many cases considered by the medical faculty as desperate; and they would be so under my mode of treatment, if it were not for the manner of applying heat to the body, for the purpose of re-animating the system, and aiding nature in restoring health. I had but little knowledge of medicine, when, through necessity, I discovered the use of steaming to add heat or life to the decaying spark; and with it I was enabled, by administering such vegetable preparations as I then had a knowledge of, to effect a cure in cases where the regular practitioners had given them over.

In all cases where the heat of the body is so far exhausted as not to be rekindled by using the medicine, and being shielded from the surrounding air by a blanket, or being in bed, and chills or stupor attend the patient, then heat applied by steaming becomes indispeusably necessary; and heat caused by steam in the manner I use it, is more natural in producing perspiration than any dry heat that can be applied to the body in any other manner, which will only serve to dry the air and prevent perspiration in many cases of disease, where a steam by water or vinegar would promote it, and add natural warmth to the body, thereby increasing the life and motion which have lain silent in consequence of the cold.

Dr. Jennings has contrived a plan to apply heat to the body by dry vapour, caused by burning spirit, which he calls a vapour bath: the idea of which was, I have no doubt, taken from hearing of my steaming to raise the heat of the body. It may answer in some cases and stages of the disease, but in a settled fever, and other cases where there is dry inflammation on the surface of the body, it will not answer any good purpose, and, I think, would be dangerous, without the use of my medicine, to first raise a free perspiration; for when the surface of the body is dry, the patient cannot bear it, as it will crowd the head and cause distress, the same as produced by burning charecoal, or from hot stoves in a tight room, and will bring on a difficulty in breathing, which is not the case in steaming in my way. This machine can only be used in bed, where the vapour cannot be applied to the body equally at the same time; therefore, it is no better than a hot dry stone put on each side and to the feet of the patient, for he can turn

himself and get heat from them as well without having all the trouble of burning spirit and turning to the vapour of it, to get warm by this dry heat. When the patient stands over a steam raised by putting a hot stone in water, which gives a more equal heat all over the body than can be done in any manner, it can be raised higher and may be tempered at pleasure by wetting the face and stomach with cold water, as occasion requires.

The method adopted by me, and which has always answered the desired object, is as follows:—Take several stones of different sizes, and put them in the fire till red hot, then take the smallest first, and put it in a pan or kettle of hot water, with the stone half immersed. The patient must be undressed, and a blanket put around him so as to shield his whole body from the air, and then place him over the steam. Change the stones as often as they grow cool, so as to keep up a lively steam, and keep him over it: if he is faint throw a little cold water on the face and stomach, which will let down the outward heat and restore the strength: after he has been over the steam long enough—which will generally be about fifteen or twenty minutes—he must be washed all over with cold water, and put into bed, or may be dressed, as the circumstances of the case permit. Before he is placed over the steam, give a dose of Nos. 2 and 3, or composition, to raise the inward heat. When the patient is too weak to stand over the steam, it may be done in bed, by heating three stones and putting them in water till done hissing, then wrap them in a number of thicknesses of cloth, wet with water, and put one on each side and one at the feet, occasionally wetting the face and stomach with cold water when faint.

Many other plans may be contrived in steaming, which would make less trouble, and be more agreeable to the patient, especially where they are unable to stand over the steam. An open worked chair may be made, in which they might sit and be steamed very conveniently; or a scottee might be made in the same manner, on which they might be laid and covered with blankets, so as to shield them from the surrounding air. Such contrivances as these would be very convenient, in cases where the patient would have to be carried through a course of medicine and steamed a number of times, as is frequently necessary, particularly in complaints that have been long standing.

As I have frequently mentioned a regular course of medicine, I will here state what is meant by it, and the most proper way in which it is performed. First give Nos. 2 and 3, or composition, adding a teaspoonful of No. 6, then steam, and, when in bed, repeat it, adding No. 1, which will cleanse the stomach and assist in keeping up a perspiration: when this has done operating, give an injection made with the same articles. Where there are symptoms of nervous affection, or spasms, put half a teaspoonful of the nerve powder into each dose given, and into the injection. In violent

cases, where immediate relief is needed, Nos. 1, 2, 3, and 6, may be given together. Injections may be administered at all times and in all cases of disease with advantage; they can never do harm, and in many cases are indispensably necessary, especially where there is canker and inflammation in the bowels, and there is danger of mortification; in which case, add a teaspoonful of No. 6. In cases of this kind, the injection should be given first, or at the time of giving the composition, or No. 3.

The use of steaming is good in preventing sickness as well as curing it. When a person has been exposed to the cold, and is threatened with disease, it may be prevented, and long sickness and expense saved by a very little trouble, by standing over a steam and following the directions given, till the cold is thoroughly thrown off and a lively perspiration takes place; then go to bed, take the stone from the kettle, wrap it in wet cloths and put it to the feet. This may be done without the medicine, when it cannot be had; but it is much better to take something to raise the inward heat at the same time. A tea made of may-weed, or summer savoury, or ginger and hot water sweetened, may be given, or anything that is warming. The advice is for the poor, and those who have not a knowledge of the medicine; and will many times save them much trouble and long sickness.

Steaming is of the utmost importance in cases of suspended animation, after long immersion in water, in which case place the body over a moderate steam, shielded by a blanket from the weight of the external air, and rarefying air immediately around them with the steam. Pour into the mouth some of the tincture of Nos. 1, 2, and 6; and if there is any internal heat remaining, there will be muscular motion about the eyes, and in the extremities. If this symptom appears, repeat the dose several times, and renew the hot stones, raising the heat by degrees; if the outward heat is raised too suddenly, so as to balance the inward, you will fail of the desired object, even after life appears. This is the only danger of any difficulty taking place—always bear in mind to keep the fountain above the stream, or the inward heat above the outward, and all will be safe. After life is restored, put him in bed and keep the perspiration free for twelve hours, by hot stones wrapped in cloths wet with water, occasionally giving the tincture as before mentioned; the coldness and obstructions will be thrown off, and the patient restored to the enjoyment of his natural strength. Beware of bleeding, or blowing in the mouth with a bellows, as either will generally prove fatal.

In many cases of spotted fever, steaming is as necessary as with drowned persons; such as when they fall apparently dead; then the same treatment is necessary to lighten the surrounding air, till you can raise the inward heat, so as to get the determining powers to the surface. Begin with a small stone, and as life gains, increase the steam as the patient can bear it. If the distress is



great, give more hot medicine inside, and as soon as an equilibrium takes place, the pain will cease. In all cases of this kind, the difficulty cannot be removed without applying heat to the body, and it is more natural by steam than by any other means that can be made use of. In cases of long standing, where the patient has been run down with mercury, and left in a cold and obstructed state, liable to rheumatism, and other similar complaints, they cannot be cured with medicine without heat applied by steam, as nothing will remove mercury but heat.

When a patient (who has been long under mercurial treatment) is carried through a course of my medicine, and steamed, and while under the operation of the steam, when the heat is at the highest, the face will swell in consequence of the poisonous vapour being condensed by the air, the face being open to it. To relieve this, put him in bed, and take a hot stone wrapped in several thicknesses of cloth wet with water, pouring on a little vinegar, and making a lively steam. Put it in bed, cover the patient's head with the clothes, and let him breathe the steam as hot as can be borne, until the sweat covers the swelled part. This will, in about fifteen or twenty minutes, throw out the poison, and the swelling will abate. This method also is of great service in agues and toothache caused by cold; and many other cases of obstructions from the same cause, especially to young children stuffed on the lungs.

To steam small children. The best way is to let them sit in the lap of a person, covering both with a blanket, and sitting over the steam, pouring a little vinegar on the stone; or it may be done in bed, with a hot stone wrapped in cloths wet with water, putting on a little vinegar, and covering them with the bed clothes laid loosely over them; but in this way you cannot exercise so good judgment in tempering the steam, as when you are steamed with them. If they appear languid and faint, the outward heat is high enough; put a little cold water on the face or breast, which will restore the strength; then rub them with a cloth wet with vinegar, spirit, or cold water, put on clean clothes, and put them in bed, or let them sit up, as their strength will permit. This is safe in all cases of cold and obstructed perspiration. It ought always to be strongly borne in mind to give a child drink often, when under the operation of medicine, or while steaming. If this is not done, they will suffer much, because they cannot ask for it.

In all cases of falls or bruises, steaming is almost infallible, and is much better than bleeding, as is the common practice, which only tends to destroy life, instead of promoting it. If the person is not able to stand over the steam, it must be done in bed, as has been described. Give the hottest medicine inside that you have, and keep the perspiration free, till the pain and soreness abate, and the strength will be soon restored. If the advantages of this mode of treatment were generally known, bleeding in such cases, or any



other, to remove disease, would never be resorted to by the wise and prudent.

The use of steaming is to apply heat to the body where it is deficient, and clear off the obstructions caused by cold, which the operation of the medicine will not raise heat enough to do: for as the natural heat of the body becomes thereby lower than the natural state of health, it must by art be raised as much above it as it has been below; and this must be repeated until the digestive powers are restored sufficiently to hold the heat by digesting the food; then the health of the patient will be restored by eating and drinking such things as the appetite shall require. In this way, the medicine removes disease; and food, by being properly digested, supports nature, and continues that heat on which life depends.

Some who practise according to my system, boast of carrying their patients through in a shorter time, without the trouble of steaming them. This is easily accounted for. Steaming is the most laborious part of the practice for those who attend upon the sick, and the most useful to the patient, as one operation of steaming will be more effectual in removing disease than four courses without it; to omit it, is throwing the labour upon the patient, with the expense of three or four operations more of the medicine than would be needed, did the person who attends do his duty faithfully.

## DIRECTIONS FOR PREPARING AND USING THE VEGETABLE MEDICINE.

### NUMBER ONE.—EMETIC HERB.

It is prepared and used in three different ways, viz:--

1. The powdered leaves and pods. This is the common form of using it; and from half to a teaspoonful may be taken in warm water sweetened; put into either of the other numbers when taken to cleanse the stomach, overpower the cold, and promote a free perspiration.

2. A tincture made from the green herb in spirit. This is used to counteract the effect of poison internally and externally used; and for asthma and other complaints of the lungs. For a dose, take a teaspoonful, adding about the same quantity of No. 2, in half a teacupful of warm water sweetened; and in cases of nervous affection, add half a teaspoonful of nerve powder. For the external effects of poison, take the above dose, and bathe the parts affected with the tincture, repeating it till cured.

3. The seeds reduced to a fine powder and mixed with Nos. 2 and 6. This is for the most violent attacks of spasms and other complaints, such as lock-jaw, hydrophobia, fits, drowned persons, and all cases of suspended animation, where the vital spark is

nearly extinct. For a dose, give a teaspoonful, and repeat it till relief is obtained; then follow with a tea of No. 3 for canker.

For children, the dose must be regulated according to their age. If very young, steep a dose of the powder in half a teacupful of water or tea of raspberry leaves, and give a teaspoonful at a time of the tea, strained through a fine cloth, and sweetened, repeating the dose every ten minutes, till it operates; give pennyroyal or some other herb tea for drink.

### NUMBER TWO.—CAYENNE.

This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose, take from half to a teaspoonful in hot water, or a tea of No. 3, sweetened; or the same quantity may be mixed with a dose of either of the other numbers when taken. The dose should be repeated every ten or fifteen minutes till the desired object is effected, and continued occasionally until health is restored. When this number is given, the patient should be kept warm, by sitting near the fire covered with a blanket, or in a warm bed.

### NUMBER THREE.—FOR CANKER.

Take bayberry root bark, white pond lily root, and the inner bark of the Canada pine, equal parts of each, pounded and well mixed together; steep one ounce of the powder in a pint of boiling water, and give for a dose a common wine-glassful sweetened.

If the above cannot be had, take as a substitute sumach (bark, leaves, or berries), red raspberry or witch hazel leaves, marsh rosemary, or either of the other articles described under the head of No. 3; they are all good for canker, and may be used together or separately.

When the violence of the disease requires a course of medicine, steep one ounce of the above mentioned powder, No. 3, in a pint of boiling water, strain off a wine-glassful while hot, and add a teaspoonful of No. 2, and the same quantity of sugar; when cool enough to take, add a teaspoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times at intervals of fifteen minutes; and the same compound be given by injection; if the ease requires it, again repeat it. If mortification is apprehended, a tea-spoonful of No. 6 may be added to each dose and to the injections.

After the patients have recovered sufficiently from the operation of the medicine, which is usually in two or three hours, place them over the steam as directed.

This operation is sufficient for one time, and must be repeated each day, or every other day, as the circumstances of the case may

require, till the disorder is removed. Three times will generally be sufficient, and sometimes once or twice will answer the purpose; but in bad chronic cases, it may be necessary to continue to carry them through a regular course two or three times a week, for a considerable length of time.

Great care must be taken to keep up an internal heat, so as to produce perspiration, after they have been through the operation, by giving occasionally No. 2, or the composition powder; for if this be not attended to, the patient may have a lapse, in which case it will be very difficult to raise it again, as they will fall as much below a natural heat as they have been raised above it by artificial means.

During the operation give milk porridge or gruel, well seasoned, with a little cayenne in it; and after it is over, they may eat any kind of nourishing food that the appetite may crave.

As soon as the disorder is removed, use bitters (No. 4) to correct the bile and restore digestion; half a wine-glassful of the syrup (No. 5), taken two or three times a day, will strengthen the stomach and assist in regulating the digestive powers.

The foregoing directions are calculated for the more violent attacks of disease, and such as have become settled; but those of a less violent nature must be treated according to circumstances. In the first stage of a disease, it may be most generally thrown off by a dose of the emetic herb, with No. 2, to raise a free perspiration. followed by a tea of No. 3, to remove the eanker, and the bitters, or a tea of poplar bark, to regulate the digestion. For a sudden cold, take a dose of the composition powder on going to bed, and put a hot stone wrapped in wet cloths at the feet, which will, in most cases, remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a regular course as soon as possible. Steaming is safe, and will always do good, but the injections must not be neglected, particularly where the bowels are disordered. In consumption and old lingering complaints, give the composition powder two or three days before going through a regular course.

#### NUMBER FOUR.—BITTERS.

Take the bitter herb, or balmony, bayberry and poplar bark equal parts, pulverised, one ounce of the powder to a pint of hot water, and half-a-pint of spirit. For a dose take a wine-glassful. For hot bitters, add a tea-spoonful of No. 2.

This preparation is calculated to correct the bile and create an appetite, by restoring the digestive powers; it may be freely used, both as a restorative and to prevent disease.

When the above articles cannot be had, either of those that have been before described under No. 4, which are all good for the same purpose, may be used as a substitute.

## NUMBER FIVE.—SYRUP.

Take poplar bark and bark of the root of bayberry, a quarter of a pound; boil in two quarts of water down to a pint; strain off, and then add one pound of lump sugar. When cold, add half a pint of good brandy.

Take one tablespoonful three or four times a day.

Any other quantity may be prepared by observing the same proportion of the different articles.

This syrup is very good to strengthen the stomach and bowels, and restore weak patients, and is particularly useful in dysentery, which generally leaves the stomach and bowels sore. In a relax, or the first stages of dysentery, by using a tea of No. 3 freely, and giving this syrup, it will generally cure it, and will also prevent those exposed from taking the disease.

## NUMBER SIX.—RHEUMATIC DROPS.

Take half a pint of brandy, or any kind of high wines, one ounce of gum myrrh, finely pounded, and half a teaspoonful of cayenne: put them into a stone jug, and boil it a few minutes in a kettle or water, leaving the jug unstopped. When settled, bottle it for use. It may be prepared without boiling, by letting it stand in the jug for five or six days, shaking it well every day, when it will be fit for use.

These drops are to remove pain and prevent mortification; to be taken or applied externally, or to be put into the injections. One or two teaspoonfuls of these drops may be given alone, or the same quantity may be put into a dose of either of the medicines before mentioned; and may also be used to bathe with, in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose and bathing the part affected with it. In the headache, by taking a swallow, bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints, and old sores, as it will allay the inflammation, bring down the swelling, ease pain, and produce a tendency to heal; in fact, there is hardly a complaint in which this useful medicine cannot be used to advantage. It is the best preventive against mortification of anything I have ever found.

For bathing, in rheumatism, itch, or other humours, or in any swelling or external pain, add one quarter part of spirit of turpentine; and for sprains and bruises, a little gum camphor may be added.

## NERVE POWDER.

This is the American valerian or umbil. The powder is a valuable and safe medicine, and may be used in all cases without danger; and when there are any nervous symptoms, it must never

be dispensed with. For a dose, take half a teaspoonful in hot water sweetened; or the same quantity should be put into a dose of either of the other medicines, and also into the injections in all nervous cases.

### COMPOSITION OR VEGETABLE POWDER.

Take one ounce of bayberry root bark, one ounce of the inner bark of Canada pine, an ounce of ginger, half a teaspoonful of cayenne, and one of cloves, all finely pounded, sifted through a fine sieve, and well mixed together. For a dose, take a teaspoonful of this powder with an equal quantity of sugar, and put it to half a tea-cupful of boiling water; to be taken as soon as sufficiently cool, the patient being in bed or by the fire, covered with a blanket.

This composition is calculated for the first stages, and in less violent attacks of disease. It is a medicine of much value, and may be safely used in all complaints of male and female, and for children. It is good for relax, dysentery, pain in the stomach and bowels, and to remove all obstructions caused by cold, or loss of inward heat. By taking a dose on going to bed, and putting a hot stone to the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off disease in its first stages, if repeated twice or thrice. If the symptoms are violent, with much pain, add to each dose a teaspoonful of No. 6, and half-a-teaspoonful of No. 1, and in nervous symptoms add half-a-teaspoonful of nerve powder; at the same time give an injection of the same. If these should not answer the purpose, the patient must be carried through a regular course of the medicine, as has been before described.

### COUGH POWDERS.

Take four teaspoonfuls of skunk cabbage, two of horehound, one of wake-robin, one of No. 1, one of No. 2, one of bayberry bark, one of bitter root, and one of nerve powder, all made fine, and well mixed together. When taken, to be mixed with molasses. Take half-a-teaspoonful of the powder on going to bed; keep warm and continue taking it until relief is obtained, particularly on going to bed.

Where the cough has been long standing, it will be the best, while taking this prescription, to go through a regular course of medicine, and repeat it if necessary.

### CANCER PLASTERS.

Take the heads of red clover and fill a brass kettle, boil them in water for one hour; then take them out and fill the kettle again with fresh ones, and boil them as before in the same liquor; strain it off and press the heads to get out all the juice, then simmer it over a low fire, till it is about the consistency of tar, when it will be fit for use. Be careful not to let it burn. When used it should be spread on a piece of bladder, split and made soft. It is good to cure cancers, sore lips, and old sores.



## SALVE.

Take one pound of beeswax, one do. salt butter, one-and-a-half do. of turpentine, twelve ounces of balsam fir; melt and simmer them together; then strain it off into a basin, and keep for use. It may be used to heal fresh wounds, burns, scalds, and all bad sores, after the inflammation is allayed, and wound cleansed.

## STRENGTHENING PLASTER.

Take burdock leaves and mullein leaves, bruise them and put them in a kettle, with a sufficient quantity of water, and boil them well; then strain them off the liquor, press or squeeze the leaves, and boil it down till about half as thick as molasses; then add three parts of resin and of turpentine, and simmer them well together, until the water is evaporated; then pour it into cold water, and work it with the hands like shoemaker's wax; if too hard, put in more turpentine, when it will be fit for use. It should be spread on soft leather, and applied to the part affected. It is good to strengthen weakness in the back and other parts of the body.

## VOLATILE SALTS.

Take crude sal ammoniac one ounce, pearl ash two ounces, and pound each by itself, mix them well together, and keep them well stopped in a bottle for use. Damping it with spirit or essence will increase the strength. This applied to the nose is good for faintness and to remove pain in the head, and is much better than that which is sold by apothecaries.

## NERVE OINTMENT.

Take the bark of the root of bitter-sweet two parts, of wormwood and camomile, each equal, one part, when green, or if dry moisten them with hot water; which put into any kind of soft animal oil, and simmer them over a slow fire for twelve hours; then strain it off, and add one ounce of spirit of turpentine to each pound of ointment. To be used for a bruise, sprain, callous swelling, or for corns.

## POULTICE.

Make a strong tea of raspberry leaves, or of No. 3; take a biscuit pounded finely, and slippery elm bark pulverised with ginger, and make a poultice of the same. This is good for old sores, whitlows, felons, and for bad burns, scalds, and parts frozen. Apply this poultice as often as every twelve hours, and wash with soapsuds at every renewal; wetting it in the interim with cold water or a tea of raspberry leaves, till it discharges; then apply the salve till a cure is effected.

## INJECTIONS OR CLYSTERS.

This manner of administering medicine is of the greatest importance to the sick. It will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiquity; but whether this be true or not, the using them to relieve the sick was certainly a very valuable discovery, and no doubt thousands of lives have been saved by it. The doctors have long been in the practice of directing injections to be given to their patients, but they seem to have no other object in administering them than to cause a movement in the bowels; therefore it was immaterial what they were made of.

According to the plan which I have adopted, there are certain important objects aimed at in the administration of medicine to remove disease, viz., to raise the internal heat, to promote perspiration, remove the canker, guard against mortifications, and restore the digestion. To accomplish these objects, the medicine necessary to remove the complaint must be applied to that part where the disease is seated: if in the stomach only, by taking the medicine, it may be removed; but if in the bowels, the same compound must be administered by injection. Whatever is good to cure disease if taken into the stomach, is likewise good for the same purpose if given by injection, as the grand object is to warm the bowels and remove the canker. In all cases of dysentery, cholic, piles, and other complaints, where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases; and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when there would be no chance in any other. I do, therefore, most seriously advise that these considerations be always borne in mind; and that this important way of giving relief be never neglected where there is any chance for it to do good. In many complaints peculiar to females, they are of the greatest importance in giving relief when properly attended to; for which purpose it is only necessary to repeat what has been before stated—let the remedy be applied with judgment and discretion to that part where the disease is seated.

The common preparation for an injection or clyster, is to take a teacupful of strong tea made of No. 3, strain it off when hot, add half-a-teaspoonful of No. 2, and a teaspoonful of No. 6; when cool enough to give, add a teaspoonful of No. 1, and the same quantity of nerve powder. Let it be given with a large syringe made for that purpose, or when it cannot be had, a bladder and pipe may be used. They must be repeated as occasion may require, till relief is obtained.

Many other articles may be used to advantage in the injections;



a tea of witch-hazel and red raspberry leaves, either or both together, are very good in many cases. For canker a tea of either of the articles described under the head of No. 3, will answer a good purpose. When the canker is removed, the bowels will be left sore, in which case give injections of witch hazel or raspberry tea, with slippery elm bark. When injections are used to move the bowels only, No. 1 should be left out. It is always safe to add the nerve powder, and if there are nervous symptoms, it must never be omitted.

## GENERAL DIRECTIONS IN CURING OR PREVENTING DISEASE.

1. Be careful always to keep the determining powers to the surface, by keeping the inward heat above the outward, or the fountain above the stream, and all will be safe.

2. It must be recollected that heat is life, and cold death; that fever is a friend, and cold an enemy; it is therefore necessary to aid the friend and oppose the enemy, in order to restore health.

3. That the construction and organization of the human frame is, in all men, essentially the same, being formed of the four elements. Earth and water constitute the solids of the body, which are made active by fire and air. Heat, in a peculiar manner, gives life and motion to the whole; and when entirely overpowered, from whatever cause, by the other elements, death ensues.

4. A perfect state of health arises from a due balance or temperature of the elements; and when it is by any means destroyed, the body is more or less disordered. When this is the case, there is always a diminution of heat, or an increase of the power of cold, which is its opposite.

5. All disorders are caused by obstructed perspiration, which may be produced by a variety of means; that medicine, therefore, must be administered, which is best calculated to remove obstructions and promote perspiration.

6. The food taken into the stomach and being well digested, nourishes the system and keeps up that heat on which life depends; but by constantly taking food into the stomach, which is sometimes not suitable for nourishment, it becomes foul, so that the food is not well digested; this causes the body to lose its heat, and disease to follow.

7. Canker is caused by cold, and there is always more or less of it in all cases of disease. Continue to make use of such articles as are calculated to remove it, as long as there is any appearance of disorder.

8. When the disease is removed make free use of those things that are good to restore the digestive powers, not forgetting to keep up the inward heat by giving occasionally No. 2.

9. Keeping always in mind, that an ounce of prevention is

better than a pound of cure; and give medicine on the first appearance of disorder, before it becomes seated; for it may then be easily thrown off, and much sickness and expense prevented.

10. In cases of fever, increase the internal heat by giving hot medicine, so as to overpower the cold, when the natural heat will return inwardly, and the cold will pervade the whole surface of the body, as the heat has done before: this is what is called the turn of the fever.

11. If No. 1 should sicken and not puke, there may be two causes for it, viz., the coldness or the acidity of the stomach. For the first give No. 2 more freely, and for the latter, dissolve a piece of pearlsh about the size of a large pea, in a wine-glass of water, and let them take it, which will counteract the acidity. If this fail, make use of the steam, which will open the pores, extract the cold, and set the medicine into operation.

12. In giving medicine to children, give about one half, a little more or less, according to their age, of the quantity directed for a grown person. Be particular to offer them drink often, especially young children, who cannot ask for it.

13. Dysentery is caused by canker in the bowels, for which make free use of the tea of No. 3 with No. 2, and give the same by injection, in the first of the disease, and afterwards give the syrup (No. 5) to strengthen the stomach and bowels and restore the digestive powers.

14. The piles are canker below the reach of medicine given in the usual way, and must be cured by using a wash of No. 3, made strong, and by giving injections of the same with No. 2. What are called bearing-down pains in women are from the same cause, and must be relieved by injections made of witch hazel, or red raspberry tea, steeped strong, with No. 2 strained. If this does not give relief, go through a regular course of medicine.

15. Women in a state of pregnancy ought to be carried through a regular course of medicine, especially when near the time of delivery. When in travail, give raspberry leaf tea, with a tea-spoonful of the composition powder or No. 2, and keep them in a perspiration. After delivery, keep up the internal heat, by giving the composition powder or No. 2. This will prevent after pains. If there should be symptoms of fever, carry them through a regular course of medicine, which will guard against all alarming complaints peculiar in such cases.

16. In all cases of a burn, scald, or being frozen, wrap the part in cloths wet with cold water, often wetting them with the same to prevent them becoming dry, and be careful to give hot medicine, such as No. 2, or the composition powder, to keep up the inward heat. Pursue this plan for twelve hours, and then if the skin is off, apply the poultice or salve. If there should be convulsions or fever, a regular course of the medicine must, without fail, be attended to.

17. When a scald is over the whole or greater part of the body apply cotton cloth of several thicknesses to the whole body, wet with a tea of raspberry leaves, frequently wotting them with the same to prevent its becoming dry, and give them the hot medicine. When the scald is under the stocking, or any other tight garment, let it remain on, adding more cotton cloth, and wet the whole with cold water as often as the smart of the burn returns.

18. If the skin is off, or in case of an old burn, to guard against canker, apply a poultice of biscuit and slippery elm bark, made with a tea of raspberry leaves, washing it with soapsuds when the poultice is changed, and then with the same tea. When any part is frozen, the same method must be taken as with a burn.

19. For a fresh wound, cut, or bruise, wash immediately with cold water, and bind up with cloths wet with the same; keep a hot stone at the feet, and take medicine to raise a gentle perspiration; continue this till the inflammation is allayed, and the wound perfectly cleansed, then apply the poultice or salve till healed. The air must be kept from all wounds or sores, as it will cause pain, and prevent them from healing.

20. In spotted or deadly attacks, such as spotted or yellow fever, fits, drowned persons, croup, &c., the heat and activity of the patient is so much diminished, that the common administration will not give relief, the determining power at the surface being so small, through the loss of internal heat, that it will not give the medicine operation, as its effects are resisted and counterbalanced by the pressure of the external air. To counteract this pressure, keep the room, by aid of a good fire, about as warm as summer heat; and more fully to rarefy and lighten the air and aid the operation of the medicine, make a free use of the steam bath, and keep the patient shielded by a blanket, at the same time give Nos. 1 and 2. This course should be unremittingly persevered in till the patient is relieved. Keep always in mind to give the patient fresh air when steaming, and while going through a course of medicine, by making a quick fire of shavings, or very light wood, and opening a door or window at the same time; as this will immediately change the foul air in the room, by driving it out, and supplying its place with fresh air from the surrounding atmosphere. This mode is essential in all disorders, both in hot and cold weather. Steaming is not essential in hot weather, except when going through a course of medicine; after which a shower bath is good in the morning, as it lets down the outward heat, and gives power to the inward.

21. If the glands are dry, so that there is no moisture in the mouth, or if the patient is much pressed for breath, give a strong tea of No. 2, sweetened, and repeat it till the mouth becomes moist. No. 3 should not be used while the mouth is dry, without adding a large portion of No. 2.

22. Be careful not to have the outward heat too high, by too many cloths or too much fire; for if this be the case, it will cause a

balance of the outward and inward heat, and will prevent the medicine from operating, by stopping the circulation; and the patient will be very much distressed. When this happens, throw cold water on the face and stomach, and give more hot medicine, which will let down the outward heat, and raise the inward.

23. If the patient is restless, wet the head and body with cold water, and if there are convulsions or spasms, give the nerve powder with No. 2. Injections must also be used.

24. Never make use of purges in cases where there is canker inside, for it will draw the determining powers inward and increase the disease. I have seen so many bad effects from giving purges, that I have disapproved of the use of them altogether, but if any is given, after the operation, be careful to keep up the inward heat, so as to cause a free perspiration.

25. Avoid all minerals used as medicine, such as mercury, arsenic, antimony, calomel, preparations of copper or lead; and also nitre and opium. They are all deadly poisons, and enemies to health.

26. Beware of bleeding and blisters, as they can never do any good, and may be productive of much harm, they are contrary to nature, and strengthen the power of the enemy to health. Seetons and issues should be avoided, as they only tend to waste away the strength of the patient, without doing any good; it is a much better way to remove the cause by a proper administration of medicine, which will be more certain and safe in its effects.

27. Be careful not to make use of saltpetre in any way whatever; it is the greatest cold of anything that can be taken into the stomach, and was never intended for any other purpose than to destroy life. It is a very bad practice to put it on meat, for it destroys all the juices, which are the nourishing part; and leaves the flesh hard and difficult to digest.

28. Never eat meat that is tainted or in any way injured, as it will engender disease; for one ounce in the stomach is worse than the effluvia from a whole carcase. Eat salt provisions in hot weather, and fresh in cold.

29. Be careful about drinking cold water in very hot weather, as it will tend to let down the inward heat so suddenly as to give full power to the cold. If this should happen, its fatal effects may be prevented by giving the hot medicine to raise the inward heat above the outward. Be careful also not to cool suddenly, after being very warm in consequence of uncommon exercise.

30. Remember that regularity in diet is very important to preserve health, and that if more food is taken into the stomach than is well digested; it clogs the system and causes disease. This is very important to those who have weak constitutions.

31. Ardent spirit is a slow poison; it is taken into the stomach to stimulate, but the effect is soon over, and much use of it destroys the tone of the stomach, injures the digestive powers, and causes

disease. It is, therefore, much better, when the feelings require any thing of the kind, to make use of stimulating medicine, such as Nos. 2 and 6, for these will answer a far better purpose.

By a strict observance of the foregoing directions, you may save much pain and expense, and enjoy good health and long life, which is the earnest wish of the writer.

### POETICAL DIRECTIONS.

First steep the coffee, number Three,  
With number Two, then use it free;  
To clear the cold, and raise the heat,  
Now place a hot stone at the feet.

The inward warmth now oft repeat,  
And change the stone when lost its heat;  
The fountain 'bove the stream keep clear,  
And perspiration will appear.

Then take the emetic number One,  
Until its duty is well done;  
The stomach cleansed, and head made free,  
From filth and pain both equally.

Then lie awhile in sweet repose;  
Then wash all o'er, and change your clothes;  
Again to bed, both clean and white,  
And sleep in comfort all the night.

Now take your bitters, by the way,  
Two, three, or more times in a day;  
Your appetite, if it be good,  
May be appeased by wholesome food.

Purgatives I would by no means choose  
To have you first or last to use;  
For if you take them much in course,  
They will disorder re-inforce.

Should the disorder re-inforce,  
Then follow up the former course;  
The second time, I think will do,  
The third to fail I seldom knew.

Th' Emetic, number One's designed  
A gen'ral med'cine for mankind,  
Of every country, clime, or place,  
Wide as the circle of our race.

In every case, and state, and stage,  
Whatever malady may rage,  
For male or female, young or old,  
Nor can its value half be told.

To use this med'eine do not cease,  
Till you are free from your disease;  
For you will find that in the end  
This will prove your greatest friend.

If any one should be much bruised,  
Where bleeding frequently is used,  
A lively sweat, upon that day,  
Will start the blood a better way.

Let names of all disorders be  
Like to the limbs join'd on a tree;  
Work on the root, and that subdued,  
Then all the limbs will bow to you.

So as the body is the tree,  
The limbs are cholie, pleurisy,  
Lumbago, gravel, gout, and stone,  
Remove the cause and they are gone.

My system's founded on this truth,  
Man's Air and Water, Fire and Earth,  
And death is cold, and life is heat,  
These temper'd well, your healths complete.

#### DR. THOMSON'S CHAPTER ON LIFE AND MOTION.

1. Clearly to understand the laws of life and motion, the radical principles of animalization, is of infinite moment. Without some adequate views and conceptions of these, the nature of disease cannot be correctly understood, neither can we have knowledge to prescribe a rational, safe, sure, and certain remedy for the removal of disease when found in the human system.

2. Through many long and tedious seasons, these subjects had revolved in my mind, before I could form what I considered a correct opinion. I witnessed many distresses in the family of man; my heart was pierced with many sorrows, until my mind was established in those simple truths that have laid the foundation of my practice, which has been so successful in subsequent years.

3. Persecution raged against me—all the presses in the country were closed against me—priests, doctors, lawyers and legislators, were combined against me—*ex post facto* laws were put into operation—persecution commenced—false witnesses arose—bigotry, prejudice, and superstition, like Salem witchcraft, they waved their magic wand, but all in vain—truth has prevailed. The darkness of the ancient philosophers is passing away, and those simple truths, which are the genuine *philosophy of life*, and the fruits of the labours of my life, began to prosper beyond my former expectations.

4. As I have never been a man of extensive reading, and make no pretension to *school* learning and *book* knowledge, if medical or



philosophical writers have taught the same doctrine before me, it is what I am not apprised of. It is for the truth of this doctrine, and not for any claims to reputation as an original writer, that I would more strenuously contend.

5. When Napoleon stood in arms, and was acknowledged Emperor of France, the nations were frightened—when a prisoner, the kings of the earth trembled for fear of him—they dared not suffer him to go at large on main land, but assigned him a more safe retreat in the solitudes of St. Helena.

6. The writer is aware that the success of his system has carried equal terror into the ranks of medical opposition. Their malice and persecution that brought him to the dungeon and chains, were the fruits and fear. I have driven the college faculty to fly to *law-legs* to stand upon, because the strong tide of public opinion, confirmed by testimony, set so heavily against them, that they had no other way to rise over the steam-doctors, and keep them down.

7. The difficulty appears to have been, that the steam faculty were, in many instances, so inclined to receive instruction, that they became natural philosophers in faith and practice. Following nature, they were successful practitioners—they could relieve distress and remove disease, when, by the regular doctors, hundreds were hurried to their long home.

8. Among those physicians called regular, I have found many who appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

9. I have now commenced a chapter; *separate discourse, or SERMON*, if you like that name better. It will fall to my lot to show that my text is one that has never been preached from before, by any man, also that there has never been a sermon preached without it, and when the text and sermon are fairly before you, and correctly understood, a philosophical reason can be assigned for the cause of life and motion in all that lives and moves.

10. My text is recorded in the mouth of every thing that breathes. "BREATHING" is my text. If it has been a text for texturians before, it is unknown to me. They have treated on respiration, but if they have not understood their subject they might as well have been silent. If any dispute the first proposition, they will sustain the second, and contend with me, that a sermon has never been preached without it.

11. *Breathing* is a demonstration of the existence of animal life. The principle of life has been taught to be SUPER-natural; leave out the SUPER, and say the cause of life and motion is natural, perfectly and entirely natural, and we will concede the truth of the assertion.

12. The cause of breathing, or of animal life and motion, where there is no animal life, we shall carefully examine. Steam machinery is propelled by steam, which is a species or kind of breathing; these possess not the capacity for animalization.



13. In animal or human bodies, the constituent or component parts are essentially the same in man or beast. Animal bodies are composed of earth and water; these constitute the substances, dimensions, shape, and size of bodies, &c., and give or constitute solidity in what are denominated SOLIDS. These elements being constituted of various still more simple elementary principles, which may be subdivided again and again, do not militate more against our position than the infinite divisibility of numbers by decimal arithmetic destroys the unity of numbers.

14. FIRE and AIR are properly the fluids that pervade and fill and actuate the living animal; their operation is life—the elementary principles of life which keep the animal machine in motion. Where heat is extinct, the animal is dead. HEAT and AIR combined, are so modified in the living, moving animal as to constitute the living state, and justify the assertion that cold and inaction are a state of death, or rather, death itself; and a specific degree of heat and motion so combined and modified is the essential principle of life in the living animal, yea, rather, life itself.

15. Waving all the minutiae of chemical divisions and subdivisions, in simplifying elementary combinations that constitute BODIES *dead* or *living*, the four great original elements of AIR, EARTH, FIRE, and WATER, contain and comprise all the more simple elements of which they may be respectively composed.

16. A specific association, due proportion, mixture, or combination of these four great elements, in an organic animal body, constitutes the living state, and prolongs life; an improper disproportion, combination, and modification destroy life.

17. To illustrate the nature and cause of respiration or breathing of the living animal, we will refer to the operations of fire and water. Put a skillet of cold water over the fire; in a few minutes examine it, by immersing your hand therein; you will perceive the first warmth of the water is on the top or upper surface; the coldest water is at the bottom of the skillet, nearest to the fire. The reason is, as soon as it becomes warm, it becomes rarefied and lighter, and rises; just in proportion as it grows warm it becomes active, until it is all in a fluttering, fluctuating state of ebullition, and wastes by steam, sweat, or breath, perspiring or respiring, until it will evaporate. This shows that heat rarefies and lightens water.

18. The subject may be further illustrated by reference to the effect of heat on the atmospheric air. You build your house in the open air—the house is filled with air—the air within is a counterbalance, or resistance, to the weight or power of the surrounding air without; the balance within and without is equal in coldness and inaction, resembling a state of death. To produce action, motion, or breath, build a fire in the house; the doors and windows being closed in the usual manner, in a few minutes every door and window begins to hum and sound the march of

air. The air within becomes rarefied and lighter than the air without; the air without presses in at every crevice to restore or form an equilibrium with the air within. The hotter and stronger the fire, the stronger will be the current of breath or force of breathing air. As the heat diminishes, the noise and breathing current of air will decline in force of operation, and the noise and motion will cease when the heat becomes extinct, and the equilibrium is restored.

19. The effects of heat rarefying and lightening the water and air, and occasioning a breathing motion, resemble and illustrate in some degree, the breathing, sweating, and functional motions of the animal machine. The constituent or component parts of man's body give organic shape, and size, and form, and functional structure or organization to the machine. The peculiar mixture, composition, proportion, and modification of these elements, constitute their aptitude or adaptation to the animalizing influence of fire, lightening air, and exciting breathing motion, and all the concatenations of motion, connected with this original or primary action, all evincing that heat is an essential principle of life; and cold, or an extinction of heat, is death.

20. A still-born child was resuscitated by placing the placenta, or after-birth, on live embers, still connected with the child by the umbilical cord, or naval string, and as the afterbirth began to heat, and had gained warmth sufficient to begin to fill and dilate the navel-cord with warmth and moisture, it was stripped towards the body of the child, and through this medium a sufficient degree of warmth was conveyed to the body, the lungs expanded, and life was restored. This may serve in some measure to illustrate and confirm our ideas of life and motion.

21. In "every thing that breathes the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies," as I have said in my supplement to the ninth edition of my new Guide, so I here repeat the fact: "without heat there is no breathing; but when heat is continually generated or evolved in a confined room, excepting at one avenue, as in the lungs, there must be a breathing or, what is the same, an inhaling of cold air, and an exhaling of a gaseous vapour from them."

22. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, proportioned to that degree of living power requisite to keep up the operation of all the animal functions, essential to the perpetuating of the peculiar specific form and mode of being, in such animal.

23. The heat of animal fire, or that degree or condition of it that constitutes the living states of animalized existence, is maintained and continued by a suitable supply of appropriate fuel, or materials that are naturally adapted to that end or use; these are *food and medicine*. These harmonize with each other in their salutary effect, or natural influence on animal bodies.

24. Food and medicine originate from the same munificent hand, grow in the same field, and are adapted to the same end or design, viz., to supply fuel to the fire of life, to sustain and nourish the animal machine, by warming, dilating, filling the vascular system, maintaining the action, and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

25. On these supplies our life depends, viz., the continuance of that state of warmth and action which constitute the living state. When food is masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion and the gastric juices, the food is decomposed or consumed like fuel consumed in a fire. The breath and perspirable vapour are the smoke arising from this fire. The fecal matter of ejections are as the ashes or earthly substance remaining after the consumption of fuel.

26. To understand the cause and nature of life and death, or of warmth and motion, of cold and inaction, it is necessary to advert to general principles, and the analogies of nature. There is one general cause of the natural sensations of hunger, and one general method of relieving that want, to satisfy and relieve that sensation. Suitable food relieves hunger when taken into the stomach.

27. In perfect accordance with this, there is but one immediate cause of disease—however varied the remote cause may be, the immediate cause of the sensation of disease is uniformly and invariably the same, differing only in degree, and incidental diversity of symptoms occasioned by local injuries, organic lesion, or functional derangement, dependent on these, or whatever might predispose to a diseased state.

28. As there is one general cause of the sensation of hunger to be relieved by one general method, viz., by food, and this food may consist of sundry articles adapted to the general end, so there is one general and immediate cause of the sensation of disease, to be relieved or removed upon the general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body, than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies, that are best adapted to the human constitution.

29. That medicine which will most readily and safely open obstructions, promote perspiration, and restore a healthy operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease, and must be universally applicable to a diseased state of the human system.

30. Thus I have given a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body, in a living state, whether healthy

or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than an inherent power or faculty of acting. Heat *rarefying and lightening air*, excites respiration—rarefying and lightening water, excites perspiration. Rarefying and lightening air and water, the vapour of breathing and sweat are produced and thrown off.

31. By heating water in the stomach, we lighten the air within, and expand the lungs—the weight of the cool, condensed, and weightier external air, presses out the light and rarefied air; these circumstances of the living state of the animal body occasion the alternate contractions and dilations of the lungs, that constitute the action of breathing, which is indispensable to the living state.

32. By heating water in the stomach and air in the lungs, we put the steam-engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam-engine. Some of the fundamental principles of action are the same. In inspiration, cool fresh air is inhaled; in respiration, the rarefied lightened air and vapour are exhaled or thrown off, out of, or from the steam *pipe*. This action, by which steam is expended, the whole machinery of the living animal is kept in operation—the great fountain pump of the heart is kept in play, which pumps the blood through the lungs and arteries to the extremities, deep in the flesh and near the bones, which is returned in the veins. The warmth and action commencing at the fountain, are propagated through the system to the remotest extremities.

33. So long as the fire keeps up that state and degree of warmth essential to the living state of the animal body, or to speak figuratively, so long as the fire is kept good in the boiler, to keep the engine at work, so long the pump will go.

34. Our regular meals supply regular fuel to keep up animal heat, as the regular teasing and tending a fire with wood will keep it burning. Drink supplies the boiler with water, which creates the steam; condensed water is discharged through its regular channel.

35. On these principles of the philosophy of life we may expect a regular, well formed machine to continue its operation until worn out, or broken by indiscretion or bad management of the engineers.

36. If the machine be entrusted to the management of an ignorant, incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent in the discharge of his duty, your *steam-boat*, if I may so speak, will begin to fail in its speed, for lack of fuel to keep up the fire and water to supply the steam, or the engineer may conclude that *cholera* affects the machine, and will cast ice into the boiler to cool it down, or tap the boiler as a preventive or remedy, and draw off the hot water—his boat begins to sink rapidly down the stream. This is often done by the lancet.

37. If you would keep your steam-boat's *steam breath* motions going on, keep up a supply of water in the boiler, and a supply of fuel to keep it sufficiently warm ; raise the steam, and the actions of life will proceed regularly.

38. Concerning the doctrine of *vital principle* diffused through the whole organic structure of the animal machine, inducing an elementary mode of union, or specific union, of the component elements, differing in nature from all chemical union and affinities, and from all the laws of physical union with which we are acquainted, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light on the intricate theme.

39. When we are asked what constitutes a living fibre, we might as well ask what constitutes any other property of living matter. What constitutes that in which the life of a leaf or stem of a living tree consists ? "What can we reason, but from what we know ?" Every living thing has something peculiar to the nature of life with which it is endowed in the living state, whether vegetable or animal—but a living animal has heat and motion. Without this animal heat and motion, the animal becomes dead—without a due proportion of heat inward and outward, or outward and inward, there is no animal motion, no animal life.

40. We know not of any vital principle, except a capacity to be brought into that peculiar mode, state and degree of warmth and action, constituting animalization, or the sensitive living state of animal bodies.

41. Warmth and action do not constitute animal life, in unorganised matter—they do not constitute animal life without an organised animal structure, to which heat gives the impulse applied to and connected with the animal structure, caloric or the principle of heat rarefying and lightening air, excites action, which circumstances of being, constitute animalization, or the living state.

42. Warmth and action do not constitute animal life, only as applied to, connected with, and exercised in an organised animal body, possessing a capacity inherent in its nature to be put in operation, in which state or condition of being, sensation, and consciousness of identity or individual existence, are gradually developed ; but these circumstances are not life itself—they may be animal life, viz.: breath and motion, in an animal body where these functional powers are totally deranged or utterly extinct.

43. Fire and steam are necessary to propel a steam-boat, but notwithstanding the capacity or adaptation of the mechanical structure to be propelled, the boat will not go until the fire is kindled and the steam raised to put it in motion.

44. The animal body is the machine so constructed, so modified, endowed with such a capacity for life, call it vital principle, or what you please, that heat rarefying and lightening air, stimulating



and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal: for where these circumstances do not exist, there is no animal life—the animal form is dead.

45. Suppose a man in the vigour of life falls into the water and sinks; in a few minutes he is taken out apparently dead, the warmth and motion of life, if not extinct, are at a low ebb—as soon as you can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life is not utterly extinct, an energy is given to the system, the air in his lungs becoming warm, rarefies and expands, and heaves them into action—the machinery begins to move—the wheels of life no longer wallow in back water—the proper state and proportion of heat, inward and outward, is recovered—nature rises to its wonted strength and vigour.

46. All that is requisite in such a case is, to supply fuel to raise the latent spark of the fire of life. The same holds good in a collapsed state of disease, whether it appears in a cholera form, or whatever shape it may wear. The vascular system loses its wonted tone—the whole system is sinking—the power of life is unable to distend and expand the lungs—the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life is becoming extinct—the water that should breathe, exhale, and perspire away, becomes congestively condensed, and extinguishes the spark of living fire. The cooling and weight of the internal air is too much for the small degree of heat remaining in the lungs, heart, &c.; the power of life, or rather the power of capacity to live, to keep the power of animal life in their warm and moving, or living state, becomes measurably extinct. For lack of heat, the air in the lungs is not rarefied and lightened, so as to give the necessary action, &c.

47. In this case, shield the sufferer from surrounding cold air by wrapping him in a blanket, placing warm in bed, and gradually raising a steam around him; administer gradually, frequently, and perseveringly the warm medicine, and give injections, which all acquainted with my system will readily understand—proceed until you gain a sufficient degree of inward heat to expand freely, to rouse the sinking, fainting—I might say—drowning patient, to a proper degree of warmth and action; when you have pursued a proper course, they will sweat freely; and when they crave food, give them enough to keep up the steam; the pump of life will begin to work freely, and the patient to rejoice in the warmth and action arising from the resuscitated powers of departing life.

48. Much has been said about drawing in the breath; but the fact is, you cannot keep the breath air out, so long as there is a due degree, or natural proportion of heat in the lungs; neither can you prevent the motion of the pump-like action of your heart in its

systole and diastole. But when the heart decays, or state of living warmth declines, the lungs begin to labour like a wheel wading slowly in back water. The pump has not power to roll the blood along the arterial canals—the pulse falters—the extremities grow cold—the blood that maintained the warmth, by its active circulation, recedes from the extremities—there is not heat enough at the fountain or boiler to keep up the steam, and continue the living action—the blood settles in the veins, not being supplied and propelled by pulsation in the arteries—the fire becomes extinct—the pump no longer plays at the fountain; the man dies \* \* \* for want of breath, for want of capacity to breathe, or because the inward heat is reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, become deranged, destroyed, and life is extinct. The disease is as fatal as though the man had been \* \* \* hanged or drowned!!

49. The regular faculty are requested to inquire whether the depleting anti-phlogistic practice, that has been popular, and notoriously mortal in its results, has not been the cause of producing much disease, and many of the most fatal results that have attended on what has been called scarlet fever, cold plague, and *now* cholera.

50. I am aware of being accused of scepticism by some capricious critics; though I do not interfere with the polemic debates of those theological disputants, who too often confuse the minds and disturb the peace of society. If it may serve to pacify the ingenious feeling of an honest inquirer after truth, I would just observe that “the breath of life” is inhaled or breathed into man; and by heat rarefying air, breathing commences, and man thus becomes, and is thus sustained, a living animal. How far my ideas contravene the declaration of Moses on this subject, let those who are wiser than myself, determine.

51. In conclusion, I would remark, that the cause of vegetable and animal life is the same, viz., one common principle produces similar effects; nutritive life in animals and vegetables bear a striking resemblance to each other—vegetables, like animals, are constituted or formed of the four great cardinal elements—all vegetable life is under the control, influence, and operation of similar principles to that of an animal. Without earth, water, fire, and air, nothing like vegetation could exist. The winter season is a state of death to vegetation; just in proportion to the loss of heat is the degree of suspension of life—we mean a loss of heat in that peculiar modification or elementary combination thereof that constitutes the living state of a vegetable; this is a degree of death, or a degree of the suspension of vegetable life. In many instances, the suspension is total.

52. In cold countries, after the winter has passed away, and the spring returns, suspended vegetation and suspended animation are



again restored ; the torpid reptile again inhales the breath of life. Heat, in this ease, is not only an agent of restoration to life and vigour, but is so adapted to the condition of the being on which its influence is exerted, as to constitute a living principle. So, on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with and contrary to the living state, is death itself.

53. Heat does not act alone and independent of its fraternal elements, but in harmony and accordance with the whole family. But without their elder brother, there is no life in the material universe. The elements would rest in everlasting silence and inactivity, if destitute of this generative principle of life and motion.

54. Abstract the element of fire from all the other elements, stillness and silence would be universal—the life of all that breathes and moves would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid, unmoving, and immovable mass ; the fluid air would be consolidated to the flinty hardness of the diamond on its native rock ; creation would be a blank ; and—here I pause !

## DIGESTION.

WHEN the food is received into the stomach, it is there subjected to the action of a solvent fluid called the gastric or stomach juice, by which it is gradually converted into a soft, greyish, and pulsatious mass called chyme : hence the process is called chymification, or chyme-making. The chyme, as fast as it is formed, is expelled by the contractile power of the stomach in to the duodenum : it there meets with the bile from the liver and with the pancreatic juice—which very much resembles the saliva—from the pancreas or sweetbread. By the action of these two fluids, the chyme is converted into two distinct portions—a milky-white fluid named chyle, and a thick yellow residue. This process is called chylification or chyle-making ; the chyle is then sucked in by absorbent vessels, extensively ramified on the inner membrane of the lining of the bowels, and sometimes named, from the white colour of their contents, lacteals, or milk-bearers. These lacteals ultimately converge into one trunk, named the thoracic duct or chest-pipe (from its course lying through the thorax or chest) and which terminates in the great vein under the clavicle or collar bone (hence called subclavian vein), just before the latter reaches the right side of the heart ; and there the chyle is poured into the general current of the venous blood.

But although thus mingled with the blood, the chyle is not yet sufficiently capacitated for its duties in the system. To complete its preparation, it still requires to be exposed to the action of the air during respiration: this is accordingly done by its passing through the lungs along with the dark or venous blood, which stands in need of the same change; in the course of this process both the chyle and the venous blood are converted into red arterial, or nutritive blood, which is afterwards distributed by the heart through the arteries to supply nourishment and support to every part of the body. Hence the change which takes place in the lungs is properly enough named sanguification or blood making. The thickish yellow residue left in the duodenum, after the separation of the chyle from the chyme, is that portion of the food which affords no nourishment, and which, after traversing the whole length of the intestinal canal, and undergoing still further change, is thrown out of the body in the shape of fœces or excrement. But in this course, its bulk is increased and its appearance changed by the addition of much waste matter, which having already served its purpose in the system, is at last thrown out by this channel. A series of experiments have been instituted by Dr. Beaumont, of the American army, on the person of Alexis St. Martin, a young Canadian, eighteen years of age, which shews the nature of digestion more clearly than has ever before been. He was accidentally wounded by a gun, on June 6th, 1822. "The charge," says Dr. Beaumont, "consisting of powder and duck-shot, was received in the left side, and blew off the integuments to the size of a man's hand, breaking some of the ribs, lacerating the lower portion of the left lung, and penetrating the stomach. On the fifth day, sloughing took place; portions of the lung, bones, and stomach separated, leaving an opening in the latter large enough to admit the whole length of the finger into its cavity, and also a passage into the chest, half as large as the fist. After one year, the wound closed, leaving the orifice into the stomach, which remained open,  $2\frac{1}{2}$  inches in circumference. For some months, the food could be retained only by wearing a compress, but, finally, a small fold of the villous coat of the stomach began to appear, which gradually increased till it filled the aperture, and acted as a valve, so as completely to prevent any efflux from within, but to admit of being easily pushed back by the finger from without. Here, then, was a good opportunity for making experiments on digestion, which was improved by the ingenious Dr. Beaumont. With zeal and perseverance, and by which he has thrown much light on this interesting subject, the first disputed point which is conclusively settled by Dr. Beaumont is, that the gastric juice does not continue to be secreted between the intervals of digestion, and does not accumulate to be ready for acting upon the next meal. Dr. Beaumont could easily observe what changes occurred, both when food was swallowed in the usual way, and

when it was introduced at the opening left by the wound. Accordingly, on examining the surface of the villous coat with a magnifying glass, he perceived an immediate change of appearance ensue. Whenever any food was brought into contact with it, the coat of the stomach changed from a pale pink to a deeper red, the worm-like motions of the stomach became excited, and from innumerable little lucid points, could be seen distilling a pure, colourless, and slightly viscid fluid, called the gastric juice, which mixed with the food. In the course of his attendance on St. Martin, he found that whenever a feverish state ensued, whether from obstructed perspiration, from undue excitement by stimulating liquors, from overloading the stomach, or from fear, anger, or other mental emotion, depressing or disturbing the nervous system, the villous coat of the stomach became sometimes red and dry, and at other times pale and moist, and lost altogether its smooth and healthy appearance. As a necessary consequence, the usual secretions became vitiated, impaired, or entirely suppressed. When these diseased appearances were considerable, the system sympathised, and dryness of the mouth, thirst, fever, and other symptoms, showed themselves, and no gastric juice could be procured or extracted, even on the application of the usual stimulus of food. This experiment shows why the stomach, in fever and other complaints, instinctively refuses much of any food. To test the solvent powers of the gastric juice, Dr. Beaumont withdrew from St. Martin's stomach about one ounce of it, obtained after fasting seventeen hours, by introducing first a thermometer, to induce the secretion, and then a tube to carry it off. Into this quantity, placed in a vial, he introduced a piece of boiled salted beef, weighing three drachms. He then corked the vial tightly, and immersed it in water raised to the temperature of  $100^{\circ}$ , which he had previously ascertained to be the heat of the stomach. In forty minutes, digestion had commenced on the surface of the beef; in fifty minutes the fluid became quite opaque and cloudy, and the texture of the beef began to loosen and separate; in sixty minutes chyme began to be formed, in one hour and a half the muscular fibres hung loose and unconnected, and floated about in shreds; in three hours they had diminished about one half; in five hours only a few remained undissolved; in seven, the muscular texture was no longer apparent, and in nine hours the solution was completed. To compare the progress of digestion the natural way with these results, Dr. Beaumont, at the time of commencing the above experiment, suspended a piece of the same beef, of equal weight and size, within the stomach, by means of a piece of string. At the end of the first half hour it presented the same appearance as the piece in the vial, but when Dr. Beaumont drew out the string at the end of an hour and a half, the beef had been completely digested and disappeared, making a difference in point of time of nearly seven hours.

Having thus obtained a brief view of the agent employed in digestion, and of the changes produced by it on different kinds of food, we proceed to mention the comparative digestibility of different kinds of food. These experiments were performed somewhat in a vague manner, some things having been omitted which are known to exert a powerful influence on digestion.

*A Table showing the mean time of digestion of different Articles of Diet.*

Articles of Diet.	Mode of preparation.	Time required for digestion.	
		H.	M.
Rice .. ..	Boiled	1	0
Pig's Feet, Soused ..	Boiled	1	0
Eggs, whipped ..	Raw	1	30
Trout, Salmon, fresh ..	Boiled	1	30
Trout, Salmon, fresh ..	Fried	1	30
Soup, barley ..	Boiled	1	30
Apples, sweet ..	Raw	1	30
Venison Steak ..	Boiled	1	35
Brains .. ..	Boiled	1	45
Sago .. ..	Boiled	1	45
Tapioca .. ..	Boiled	2	0
Barley .. ..	Boiled	2	0
Milk .. ..	Boiled	2	0
Liver, fresh ..	Broiled	2	0
Eggs, fresh ..	Raw	2	0
Codfish, cured dry ..	Boiled	2	0
Cabbage, with Vinegar ..	Raw	2	0
Milk .. ..	Raw	2	15
Eggs, fresh ..	Roasted	2	15
Turkey, Wild ..	Roasted	2	18
Turkey, Domestic ..	Boiled	2	18
Turkey, Domestic ..	Roasted	2	30
Goose .. ..	Roasted	2	30
Pig, Sucking ..	Roasted	2	30
Lamb .. ..	Roasted	2	30
Beans .. ..	Boiled	2	30
Parsnips ..	Boiled	2	30
Potatoes ..	Roasted	2	30
Potatoes ..	Baked	2	30
Chicken .. ..	Boiled	2	45
Custard .. ..	Baked	2	45
Beef, salt ..	Boiled	2	45

Articles of Diet.			Mode of preparation.	Time required for digestion.	
				H.	M.
Apples, sour	...	...	Raw	2	50
Oysters, fresh	...	...	Raw	2	55
Eggs, fresh	...	...	Soft Boiled	3	0
Beef, under-done	...	...	Roasted	3	0
Beef Steak	...	...	Broiled	3	0
Pork, recently salted	...	...	Stewed	3	0
Mutton, fresh	...	...	Broiled	3	0
Mutton, fresh	...	...	Boiled	3	0
Chicken, soup	...	...	Boiled	3	0
Dumpling, Apple	...	...	Boiled	3	0
Pork Steak	...	...	Broiled	3	15
Mutton ...	...	...	Roasted	3	15
Bread, corn	...	...	Baked	3	15
Sausage, fresh	...	...	Broiled	3	20
Flounder, fresh	...	...	Fried	3	30
Oysters, fresh	...	...	Stewed	3	30
Butter, fresh	...	...	Melted	3	30
Cheese, old	...	...	Raw	3	30
Soup, mutton	...	...	Boiled	3	30
Bread, wheaten, fresh	...	...	Baked	3	30
Turnips ...	...	...	Boiled	3	30
Potatoes ...	...	...	Boiled	3	30
Eggs, fresh	...	...	Hard Boiled	3	30
Salmon, salted	...	...	Boiled	4	0
Beef, fresh, lean	...	...	Fried	4	0
Veal, fresh	...	...	Fried	4	0
Fowls, domestic	...	...	Boiled	4	0
Fowls, domestic	...	...	Roasted	4	0
Ducks, domestic	...	...	Roasted	4	0
Soup, beef	...	...	Boiled	4	0
Heart, animal	...	...	Roasted	4	0
Beef, old hard, salted	...	...	Boiled	4	15
Soup, marrow-bones	...	...	Boiled	4	15
Pork, recently salted	...	...	Boiled	4	30
Ducks, wild	...	...	Roasted	4	30
Suet, mutton	...	...	Boiled	4	30
Cabbage, with vinegar	...	...	Boiled	4	30
Suet, beef, fresh	...	...	Boiled	5	3
Pork, fat and lean	...	...	Roasted	5	15
Tendon ...	...	...	Boiled	5	30

As a general rule, animal food is more easily and speedily digested, and contains a greater quantity of nutriment in a given bulk, than herbaceous or farinaceous food; but, apparently from the same cause, it is also more heating and stimulating. Minuteness of division and tenderness of fibre, are shown by Dr. Beaumont's experiments to be two great essentials for the easy digestion of butcher's meat; and the different kinds of fish, flesh, fowl, and game, are found to vary in digestibility, chiefly in proportion as they approach or depart from these two standard qualities.

Farinaceous food, such as rice, sago, arrow-root, and gruel, are also rapidly assimilated, and prove less stimulating to the system than concentrated animal food. Milk seems to rank in the same class, when the stomach is in a healthy state.

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The following courses of Medicine we have made use of in our practice for many years, and can, with great confidence, recommend them.

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#### No. 1.—COURSE OF MEDICINE FOR ALL ACUTE DISEASES.

Take a tablespoonful of the Composition Powder No. 1, two teaspoonfuls of the Nervine Stimulant and Relaxant Powder No. 2; put into a pint jug, and add two tablespoonfuls of lump sugar, pour on one pint of boiling water, keep it warm by the fire, and take in tablespoonful doses every ten minutes, until the palms of the hands appear moist, put the feet in hot water until there is a gentle perspiration, then go to bed and have a hot brick applied to the feet wrapped in a cloth wet with equal parts of vinegar and water. If the bowels are costive, take two of the Compound Pill of Rhubarb, No. 24, at night. The patient should then commence with the Select Compound, No. 1, until the tongue is quite clean and all pain removed. Then make use of the Select Compound No. 4, to create an appetite, to give strength to the body, and restore the general health.

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#### No. 2.—COURSE OF MEDICINE FOR CHRONIC OR LONG-STANDING DISEASES.

If the stomach is very much disordered, take of boneset two ounces, boiling water one pint; steep, and take it warm in half



teacupful doses until free vomiting ensues. Twenty drops of tincture of lobelia with each dose is sometimes necessary. Next, in order to equalize the circulation, the patient may use the medicated vapour bath. Take a suitable quantity of herbs, such as catnep, pennyroyal, spearmint, and tansy—a handful of each—and add a gallon or two of water, boil a short time, then put it in a suitable vessel, and place a narrow piece of board over it, or a cane-bottomed chair, on which let the patient sit, with his clothes off, and a blanket around him, to retain the steam. Let the feet at the same time, be put in hot water. Should there not be steam sufficient to produce perspiration, a hot brick or two should always be in readiness to put in the decoction of herbs; and should there be too much heat, open the blanket a little at the bottom. At the same time, take one teaspoonful of Select Compound No. 1, one teaspoonful of Select Compound No. 2, and a teaspoonful of the Stimulant Nervine and Relaxant Powder No. 2, in half a teacupful of boiling water; sweeten, and take at one dose. A free perspiration will take place in fifteen or twenty minutes. Then wipe the skin quite dry, and let the patient go to bed, covered with a proper quantity of clothing. If the bowels are confined, take two of the No. 24 Pills at night. If there are rheumatic pains about the body, take the Select Compound No. 7, for rheumatism, as directed under that compound. If there be any cough or bronchial affection, commence with Select Compound No. 1. If there be any disease of the skin, then make use of the Select Compound No. 6, particularly if there be any impurity of the blood. Should there be any disease of the kidneys or bladder, then commence with the Select Compound No. 3. If there be no symptoms requiring the above compounds, and the patient is nervous, low spirited, and miserable, then commence with the Select Compound No. 5, for all nervous affections. Should the tongue be clean and moist, and the patient free from pain, which is generally the case, then give the Select Compound No. 4, to create an appetite, to restore the health, and strengthen the system.

## FEVER.

This manifestation of disease is but the effect of an effort of nature to expel from the system some irritating substance. Its division into colours and classes is unnecessary, as these different symptoms are but the same cause acting on different organs. The first symptoms of this form of disease are general debility, loss of appetite, more or less distress at the pit of the stomach, obstructed perspiration, restlessness and languor, aching in the back and limbs, and increased sensibility to cold.

The reformed practice strikes at once at the true cause of the disease, and thus not only speedily cures the fever, but also prevents its causing other derangements of the system. We discard all the foolish distinctions of the doctors respecting the different colours, classes, sorts and grades of fever, and treat it according to its own simple nature.

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## TREATMENT.

*Thomson's Course of Medicine*, by its prompt action upon the stomach, bowels and skin, and by the fresh impulse given to the circulation and the secretions, will prove the most effectual method of curing intermittent and all other varieties of fever; at least it is the most certain and speedy way of cleansing the stomach, and preparing the system for the application of tonics. A very effectual plan is to commence with a course of medicine an hour or two before the time at which the chill comes on. In ordinary cases, where the paroxysms occur every other day, the course of medicine will seldom require to be repeated more than two or three times to effect a cure, provided a proper intermediate course of treatment be pursued.

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## TREATMENT DURING THE PAROXYSM.

1st.—Of the cold stage. During the chill, the patient should drink hot teas, as composition, cayenne, or pennyroyal, and be placed in a vapour bath, or be covered warm in bed, and hot bricks or jugs of hot water placed at the feet and back. This will assist to bring on reaction and overcome the chill.

Where the vital powers are in an exhausted condition, and insufficient to establish reaction, constituting what is called congestive intermittent, an emetic of the third preparation of lobelia should be given to relieve the stomach of its foul contents and to arouse its sunken energies, and external warmth be applied around the patient. After free vomiting, the system will generally react, but if it should not, the medicine must be continued, and the same

administered by injection to the bowels, together with mustard plasters to the stomach, wrists, and ankles. In some rare cases, fatal congestion has taken place during the cold stage, for want of power in the system to produce reaction. The most effectual means for bringing on reaction and relieving internal congestion, are the application of the vapour bath and the free use of the third preparation of lobelia.

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### TREATMENT DURING THE HOT STAGE.

When the fever comes on, all dry heat may be removed from around the patient, but the hot medicine will be proper with a view to aid the reaction, to bring on a crisis by perspiration. Where the fever is of a violent character, and the patient greatly distressed, an emetic should be given, and the patient kept relaxed by broken doses of lobelia, given either alone or in the stimulating teas, and the surface bathed with whisky, vinegar, sal eratus water, or simple water. Where the thirst is urgent, the patient craving cold drinks, they may be allowed him in small quantities. A draught of cold water will, in some instances, cause perspiration, in the latter period of the hot stage. Acidulated drinks, as lemonade, are very grateful to patients, and may be taken in moderate quantities. The thirst, however, arising from the suspended secretion of the mucous membrane of the mouth and throat, will be more effectually relieved by capsicum tea than by cold drinks. Simple herb teas, as mint, dittany, pennyroyal, and balm, are proper in any stage of the disease. Bathing the surface with spirits or vinegar, when the fever is violent, affords relief to the patient. Hot bricks wrapped in cloths wet with vinegar, will, in some instances, afford relief even during the fever.

When the sweating stage comes on, all cold drinks are inadmissible. The patient should keep in bed and take warm drinks to favour and continue the perspiration. When the perspiration ceases, dry warm clothing should be put on. There is an advantage in bathing the surface with No. 6, or salt and brandy, after the sweating, and still much more benefit will be derived by the vapour bath at this period.

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### TREATMENT DURING THE INTERMISSION.

The treatment during the interval between the paroxysms is to be regulated according to the circumstances of the case, and the condition of the patient. Thus, in the first stage of the disease, pure stimulants, as cayenne and composition, should be used. The compound lobelia pills answer the place of the teas, two or three of which may be taken every few hours.

## INDICATIONS FOR THE USE OF TONICS

When there is no fever between the paroxysms, and the tongue begins to clean, and assume a more natural appearance, tonics will come in play.

As the laxative bitters,	..	No. 8
Or the spice bitters ...	..	No. 3
Or the select compound	..	No. 4

## SMALL POX.

### SYMPTOMS AND GENERAL CAUSE OF SMALL POX.

The first symptoms in small pox are such as attend the early stage of many varieties of acute disease; more especially do they resemble the premonitory symptoms of ague, remittent and continued fever.

Chilliness and languor, loss of appetite, aching pains in the back and lower extremities, thirst, nausea, and vomiting, with pain and distress at the pit of the stomach, are the usual symptoms accompanying the forming stage of small pox.

As the constitution reacts, fever becomes developed, and generally, in the course of three or four days, the eruption appears. The fever in small pox presents the same character as ordinary bilious fever, such as a hot and dry skin, furred tongue, costive bowels, pain in the head, and scanty, high-coloured urine. Bleeding from the nose is apt to occur during the first and second day of the fever. "The mind is dejected and confused, and towards the end of the third day, the tongue usually acquires a bright red colour."

### TREATMENT.

Small pox should be treated on general principles, the same as other forms of disease accompanied with fever. To cleanse the stomach by emetics, to promote the action of the bowels by injections, and to sustain the vital powers by suitable nourishment and pure stimulants, constitute the most important points in the treatment.

A course of medicine administered in the early stage of small pox tends to relieve the distress, and where the eruption is slow to come out, or the patient greatly distressed, it should not be omitted. It will, however, be proper at any period of the disease, when the condition of the patient seems to require it.

During the cold or forming stage, the patient should be kept warm, but after the fever is established, the covering should not be too great, nor the room kept uncomfortably warm. It is also important that the room should be well ventilated.

When the eruption is fully out, and the pustules are distinct and not very numerous, and the symptoms wear a favourable aspect, it will not be requisite to give much medicine. An occasional dose of the composition or pepper tea, or, if the patient be a child, simple herb teas, as peunyroyal, sweet marjoram, or balm, will be sufficient. The bowels to be relieved, when necessary, by injections.

When the symptoms are very distressing at any period of the disease, a course of medicine will prove the surest means of relief, and if the patient be unable to bear the fatigue of sitting up, emetics may be given without previously administering the vapour bath. Much benefit may be derived from broken doses of lobelia and a free use of cayenne, when the fever is violent.

## CHICKEN POX.

Chicken pox is an eruptive disease, and generally of a mild character. Some medical writers maintain that varicella is a modification of small pox; others contend that it is a separate and distinct disease.

Chicken pox is almost universally confined to children, and a second attack, in the same individual, is of very rare occurrence. Neither small pox nor vaccination affords any protection against chicken pox, nor does chicken pox prevent small pox.

## TREATMENT OF CHICKEN POX.

Where the case is so severe as to demand particular attention, the treatment should be conducted on the same plan as is recommended in the mild form of small pox; cleansing the stomach by emetics, injections to relieve the bowels, and occasionally some

mild stimulant, such as composition or ginger tea, or herb teas, such as pennyroyal, mint, &c. Where large sores are formed, they should be covered with some simple salve, to exclude the air and favour the healing process.

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## MEASLES.

Measles are contagious, and seldom occur more than once in the same individual.

The disease may be contracted at any period of life, but mostly occurs in childhood. The middle of winter is the season in which it generally prevails.

The disease usually becomes developed either on the fifth or seventh day after exposure to the contagion; but occasionally it is not manifested until two or even three weeks from the time the disease is contracted or imbibed.

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## SYMPTOMS.

Restlessness, chilliness, and shivering; pain in the head; an increased flow of tears, and a discharge of watery humours from the nostrils, are the usual symptoms in the first stage of the disease. Fever comes on, the throat becomes sore, there is hoarseness and a dry cough, thirst nausea, and vomiting, hurried and oppressed breathing, and pain in the loins and back. Sometimes there will be profuse sweating.

In about four or five days from the commencement of the fever, the eruptions appear in small red spots, similar to flea-bites, first on the face, and then spreading over the body and limbs. As these spots enlarge, they unite and form red patches, of an irregular shape, leaving a portion of the skin retaining its natural colour and appearance.

When the disease is of a violent character, slight delirium often occurs about the third day from the commencement of the fever, and in children, convulsions are not unfrequent, a few hours preceding the appearance of the eruption.

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## TREATMENT.

In ordinary cases of measles, much medicine is not required.



The vapour bath and an emetic, in the early stage, will lighten the disease and render the patient much more comfortable; after which, give small doses of the tincture of lobelia, and warm teas, as composition, ginger, pennyroyal, summer savory, balm, &c., in order to keep a determination to the surface, and promote perspiration. It is a good practice to administer daily an injection of composition tea, adding from a fourth to half a teaspoonful of green lobelia.

The oppressed breathing and harassing cough may be relieved more or less by placing the system under the influence of lobelia.

When the disease is of a more violent character, the patient much distressed, or the eruption slow in coming out, a course of medicine, or at least an emetic and injection, should be given, and if the symptoms continue violent, repeated every day, until there is a decided improvement.

## SCARLET FEVER.

The scarlet fever commences with a chill and shivering, like other kinds of fever, with nausea and vomiting, great sickness succeeded by heat, thirst, and head-ache; sometimes in a very mild degree, at others more violent. The pulse is accelerated, the breathing is frequent or interrupted, the eyes red, and the eyelids swollen. In two or three days, the flesh begins to swell, a pricking sensation is experienced, and an eruption appears on the body in the form of a red stain or blotch, or rather of a fiery redness. It usually appears first upon the face, breast, and arms, then over the whole body, of a uniform red colour.

Scarlet fever, in its mild form, occasionally so closely resembles measles, that it becomes difficult to distinguish between them. The indications of treatment being the same, however, in both diseases, the difficulty of determining the name will occasion no embarrassment in directing the treatment.

## CAUSES.

Though evidently contagious, still there is the most conclusive evidence that the disease is frequently produced by atmospheric causes, together with exposure to cold and dampness.

## TREATMENT OF SCARLET FEVER.

A course of medicine, administered in the early period, will generally moderate the symptoms through the whole subsequent course of the disease, and in some instances will almost break it up at once.

In the mild form of the disease, after giving a course of medicine, or simply an emetic, as long as the symptoms are of a mild character, nothing more will be required than to give occasionally of some mild stimulant, such as composition or ginger-tea, or simple herb teas, such as pennyroyal, catnip, sweet-marjoram, &c., and an occasional enema, to relieve the bowels, together with small doses of the tincture of lobelia, more especially at night.

When the patient continues to be much distressed, a course of medicine should be administered daily, and small doses of lobelia given every hour or two, in composition, bayberry, or pepper-tea. It is not always requisite to administer the vapour bath previous to giving an emetic, as, in some instances, free vomiting should be produced two or three times in every twenty-four hours. When the skin is very hot and dry, it will be difficult to produce perspiration, even by the vapour bath, without frequently washing or sponging the surface with cold water, or tepid vinegar and water, or, what is still better, sal eratus water. A tablespoonful of cold water may be allowed the patient occasionally. During the early stage of the fever, and when the patient is restless, and the skin hot and dry, cold ablutions may be employed, provided they do not occasion chilliness. But in a later period of the disease it will be safer to use tepid ablutions, to reduce the heat of the skin, and quiet restlessness.

If the throat be sore or ulcerated, the cayenne gargle No. 24, will speedily give relief.

## ERYSIPELAS.

The face and limbs are most liable to erysipelas. When it attacks the face, the swelling, in many instances, is so great as to entirely close the eyelids. More or less mental derangement usually attends such cases, especially when the inflammation extends over a considerable portion of the scalp.

The danger from erysipelas is not great, except when the brain is attacked by it, or when it occurs in vitiated or broken down constitutions, and the disease assumes a typhus character.

## TREATMENT.

A Thomsonian course of medicine will, in many instances, check at once the farther spread of the inflammation. Where the inflammation is on the face or head, it is a good practice to evacuate the bowels by injections, in the commencement of the course of medicine. In mild cases, and where the general health is not much impaired, the treatment may be correspondingly mild. An enema to evacuate the bowels, together with hot teas, to keep up a moderate perspiration, will be sufficient in the way of constitutional treatment, as long as the symptoms continue favourable.

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## SHINGLES.

This complaint is characterised by a cluster or band of vesicles or blisters on an inflamed surface, commencing, in most instances, on the right side of the abdomen. In some instances, this band of vesicles extends down towards the groin; in others, it passes upwards. It is very rarely that the eruption occurs on the left side of the body.

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## TREATMENT OF SHINGLES.

Little need be said in relation to the treatment of this disorder. The same means may be used as are recommended in erysipelas; and when the general health is much affected, an emetic to cleanse the stomach will be proper. Mild stimulants, as composition, ginger, pennyroyal, &c., may be used to promote perspiration. If the bowels require attention, use enemias. Lime-water, with milk, is good to correct the secretions, where the stools are acrid or of a greenish cast.

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## SCALD-HEAD.

This name is given to a certain form of eruption which comes on the head. It commences with small ulcers, which discharge a humour that forms into thick crusts or scabs. In some instances, nearly the whole of the scalp becomes affected, forming a continuous mass or scab, attended with paroxysms of intolerable itching, and emitting an offensive odour.

The eruption should never be wet with any kind of wash,

except the tincture of myrrh or bayberry. These may be used every time the head is dressed. Tincture of bayberry or soot tea, may be employed as a wash to allay the tormenting itching so common in this complaint.

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### CONSTITUTIONAL TREATMENT.

In bad cases, a sweat and an emetic should be given every week or oftener, as the symptoms indicate. This will greatly facilitate the cure. Lobelia, given in small doses, is of especial benefit in all kinds of eruption. It may be given in pills or in tincture, several times a day, in quantities merely sufficient to excite slight nausea.

The composition powder, mixed with sugar and warm water, should be taken once or twice a day, more especially if the tongue be coated. The bayberry or sumac tea may be used for the same purpose.

The spice bitters, or any other simple tonic, may be given to strengthen digestion.

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### ITCH.

This disease, it is said, is caused by an insect which penetrates the skin, and produces small vesicles or pustules, attended with an intolerable itching.

The wrists and between the fingers are the parts affected, though it is occasionally observed on various other parts of the body, excepting the face.

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### TREATMENT.

The sulphur ointment will cure the real itch sooner, probably, than any other application. There are other remedies, which may be used with benefit, as frequently washing with salt water, or the preparation recommended by Dr. Thomson, which is spirits of turpentine, with about four times as much of No. 6: to be well shaken before applied.

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### COUGH.

The general opinion is that cough is an enemy to health, and ought to be treated as such; but this idea I hold to be altogether

an error, for it is the effect, and not the cause of disease. When the lungs are diseased, there will be a collection of matter which must be thrown off, and the cough is like the pump of a ship, which discharges the water and prevents her from sinking, so also the cough throws off what collects on the lungs, which if suffered to remain there would soon putrify and cause death. It is a common saying, that I have a bad cough, and can get nothing to stop it, and the doctor often says if I could stop your cough, I should have hope of a cure, but this is as unreasonable as it would be to stop the pumps of a ship, which would cause her to sink the sooner. Ask a sailor what he would do, and he would say keep the pump going till you can stop the leak, and when that is stopped the pump will become useless, as there will be nothing to throw off. Such medicine should be given as will promote the cough till the cause can be removed, which is cold and canker on the lungs; after this is done, there will be no more cough. If a cough is caused by a sudden cold, it may be removed by taking the composition powder on going to bed, with a hot stone wrapped in wet cloths to produce a perspiration, and at the same time taking the cough drops No. 40 as directed, and cough pill No. 21, or the Select Compound No. 1.

## BRONCHITIS.

This is an inflammation of the mucous membrane of the bronchial tubes (the tubes which convey the air into the lungs). It is either chronic or acute.

## SYMPTOMS.

In its simplest form it appears like a protracted cold. Severe attacks generally commence with feverishness, tightness and oppression of the chest, and a cough. The breathing becomes short and difficult, attended with a wheezing or rattling sound, as if the air were forced through a narrow aperture clogged with mucous.

## TREATMENT.

To correct the disordered condition of the stomach, promote digestion, and supply the lungs with fresh wholesome air, are objects of primary importance in the cure of bronchitis. If the attack be very severe, give an emetic of lobelia or boneset, and then

take the Select Compound No. 1, in teaspoonful doses, every two hours, and put the feet into hot water, and drink freely of a tea made of the Stimulant, Nervine and Relaxant No. 2, and two cough pills at night.

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## CONSUMPTION.

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### SYMPTOMS.

Consumption usually commences with a short dry cough, which may continue for many months without expectoration, except of small portions of glairy mucous. The breathing is short and oppressed, with a sense of tightness or uneasiness in some portion of the breast whilst taking a full inspiration. There is much debility, and a gradual wasting of the flesh; the appetite fails, digestion is impaired; the skin is pale and sickly looking; there is extreme sensibility to cold; the voice altered from its natural tone; the nerves weak, and the hands often tremulous.

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### COUGH

Is one of the earliest symptoms of consumption, and it is that which commonly first attracts the attention and awakens the fears of the patient, or the patient's friends. It is at first generally slight, occasional, and dry; it occurs upon the patient's getting out of bed in the morning, or if he makes any unusual exertion in the course of the day. It feels to him as if it was caused by irritation about the throat. Sometimes it will cease for awhile, as in the warm weather of summer, and recur in winter when the external temperature is lower. By degrees it begins to be troublesome in the night, and to be attended with more or less mucous expectoration.

As the disease progresses, emaciation and debility increase; the cough becomes more harassing, and the breathing shorter and more oppressed; night sweats occur, which leave the patient in an extremely languid condition. There is chilliness in the fore part of the day, followed by a flush on one or both cheeks, and a burning in the palms of the hands and soles of the feet. The tongue is usually coated with a thin white fur, or sometimes clean, and of a pale pink colour. The symptoms just described may also prevail where there is no seated disease of the lungs. They often accompany dyspepsia, chlorosis, and marasmus.



There is no plan of medical treatment, upon which so much reliance can be placed, in the prevention and cure of consumption, as full Thomsonian courses of medicine. Although this, and every other plan of treatment, may fail in arresting the progress of the disease, still it should be tried, inasmuch as it will do no injury, and may do much good, more especially if the tubercles be in the incipient stage of development, or confined to a small portion of one lung.

Besides courses of medicine, lobelia should be given in broken doses in all cases of consumption, either in the form of tincture, syrup, or pills. There is, probably, no remedy that exerts so beneficial an influence in diseases of the lungs as lobelia inflata.

The Cough Drops No. 40, and the Cough Pills No. 21, with the Cough Powder No. 9, and the Select Compound No. 1, are the best medicines that can be used. Read the instructions under the head of Select Compound No. 1.

## ASTHMA.

### SYMPTOMS.

Asthma is characterised by a sense of tightness across the chest, great difficulty of breathing, and a distressing sense of suffocation. It is seldom accompanied by fever.

An attack of this disease is generally preceded by a sense of weight and fullness at the pit of the stomach, sour eructations, heartburn, flatulency, weight over the eyes, and itching of the skin. When the paroxysm comes on during sleep, the patient is apt to have frightful dreams, and to wake up in great distress, with a sense of tightness through the breast, great difficulty of breathing, and a short dry cough.

Paroxysms of asthma may occur at any period of the day or night, though they usually come after midnight. In some instances, they continue without any complete intermissions of the difficult breathing, for several days or even weeks, but *always* worse at night.

### TREATMENT OF ASTHMA.

In many instances, where the attack is slight, the tincture

of lobelia, given in composition or pepper tea, and placing the feet in warm mustard water, will be sufficient to afford great relief, and sometimes will overcome the symptoms.

Take the No. 1 Select Compound, and the powder and pills as directed under that head, and drink freely of linseed tea.

## HOOPING COUGH.

### SYMPTOMS.

The disease commences, like an ordinary cold or catarrh, with languor, sneezing, hoarseness, cough, and occasionally oppression in breathing. The tongue is mostly contracted and pointed, and of a darker colour than natural, and is, in most instances, nearly clean, or very slightly coated.

### TREATMENT OF HOOPING COUGH.

Throughout the entire course of the disease the treatment should be adapted to the character of the symptoms. Nauseating doses of lobelia promote expectoration, generally ease the cough, quiet restlessness, and promote the secretions of the skin. In bad cases, where the breathing is much oppressed, or the patient is very restless, an emetic will be proper.

## PLEURISY.

Pleurisy is an inflammation of the membrane that lines the internal surface of the chest, which is called the pleura. This membrane also forms the *external* coating of the lungs. Any portion of the pleura is liable to become diseased, but that on the right side is more commonly affected.

### CAUSES.

Exposure to wet and cold; sitting in a current of air, or in a cold room, after severe fatiguing exercise, or sleeping in damp sheets, are common causes of pleurisy. Persons are often liable to be attacked with the disease after severe surgical operations.

## TREATMENT.

Slight attacks of pleurisy will, in general, require nothing more than warm teas, and small doses of lobelia, together with the vapour or foot bath to excite perspiration, the patient to be kept warm.

When the symptoms are of a severe or a violent character, a full course of medicine must be administered, and this repeated daily until the symptoms abate; and between the courses broken doses of lobelia in the form of pills, powder or tincture must be given, together with the free use of cayenne or composition, and an occasional injection composed of composition tea, adding a teaspoonful of green lobelia to each injection.

The Cough Drops No. 40 with the Cough Powder No. 9, or the Select Compound No. 1, with the Cough Pills No. 21, are the medicines to be relied upon in this distressing complaint.

## COLDS, INFLUENZA, &amp;c.

Most of the symptoms attending ordinary catarrh are such as usually prevail in the first stage of almost every form of disease: such as lassitude, chilliness, loss of appetite, torpid bowels, and a dry skin. There is usually more or less cough. The secretions from the nose are thin and watery. Soreness of the throat is very common in colds, attended with dryness of the parts, and pain on attempting to swallow. The breathing is much oppressed, in some instances, and but slightly so in others. Generally more or less fever comes on in the after part of the day, and the patient is restless at night.

## TREATMENT.

Ordinary catarrh requires nothing more than an occasional dose of composition, capsicum tea, or simple herb teas, such as pennyroyal and dittany, and a strict attention to diet, and care to avoid exposure to cold or dampness.

When patients are exposed to the open air, while engaged in their usual avocations, or to sudden changes of temperature, the medicine, such as capsicum and composition powder, should be taken in cold water.

If the cough be troublesome, take the Cough Drops No. 40, with Cough Powder No. 9, or the Cough Pills No. 21.

## COSTIVENESS.

Costiveness is generally occasioned by improper food and sedentary habits; and the best remedy is to take active exercise in the open air, and live principally on coarse wheat bread, fruit, rye pudding, &c.; avoiding tea, coffee, fine flour bread, and physic.

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## DYSPEPSIA.

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### INDIGESTION.

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### SYMPTOMS OF DYSPEPSIA.

There are scarcely two cases of dyspepsia with precisely the same group of symptoms. They vary from simple oppression caused by difficult digestion, to the most tormenting feelings, both physical and mental. The most common symptoms are cold hands and feet; oppression, tenderness, and distress at the pit of the stomach; heartburn, frequent belching, sour eructations, costiveness, drowsiness after meals, lowness of spirits, restlessness at night, disturbed sleep, frightful dreams, extreme sensibility to cold, and not unfrequently a feverish feeling after meals. Pain 'n the head, pain in the left breast and side, and palpitation of the heart, are symptoms frequently attending dyspepsia.

Dyspeptics are generally affected with what the world calls nervousness; the spirit at times depressed, and the imagination dwelling upon ideal evils; the temper sour and easily disturbed.

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### TREATMENT.

If the bowels are costive, take two of the Compound Pill of Rhubarb, No. 24; if not costive, but there is cough or tightness across the chest, take the Cough Pills No. 21, as directed, and commence at once with the Select Compound No. 4, and follow the instructions under that head, and a cure may be expected in a short time, tho Select Compound No. 4, being almost a specific in all forms of indigestion.

## PILES.

This is a disease of the veins of the rectum, which prevails to a great extent in both sexes and in all classes of society.

Piles commence by an enlargement of the *veins* in the rectum, forming tumours filled with dark blood, which, when inflamed, become extremely painful on going to stool, and frequently discharge a considerable quantity of blood; they are then called *bleeding* piles. When blood is not discharged they are termed *blind* piles. Sometimes the tumours emerge from the anus, forming *external* piles; when confined within the rectum, they are denominated *internal* piles.

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## CAUSES OF PILES.

The free use of purgative medicines may be regarded as the most common cause of piles. They may, however, be produced by any cause that weakens digestion, or occasions an obstruction to the free circulation of blood through the veins of the rectum.

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## TREATMENT.

Apply the Pile Ointment, No. 87, and take the Electuary for Piles, No. 90.

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## RHEUMATISM.

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### CAUSES.

Cold and dampness are the exciting causes of rheumatism, in almost every instance. Where, however, there is a predisposition to the disease existing, inaccuracies in diet, over-exertion, loss of rest, or any other depressing influence, may occasion the disease.

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### PARTS AFFECTED.

Rheumatism generally attacks the fibrous tissues around the larger joints: the hip, shoulder, elbow, or knee; and frequently the small joints become affected, more especially those of the

fingers. The *synovial* membrane of the joints, containing what is called the "joint water," often becomes affected in rheumatism. Although in general confined to joints, rheumatism sometimes attacks the muscles only; those of the back, neck, and shoulders, are most liable to be affected in this way. When in the back, it is called lumbago. The membrane covering the eyeball is liable to rheumatic inflammation. The head, heart, brain, and womb are also liable to this form of disease.

We were, during our practice in America, compelled to rely on Thomsonian courses of medicine, and we acknowledge we were very successful in the treatment of all chronic diseases, rheumatism included, but during our long residence in Europe, and our wonderful extensive practice, and the great difficulty we had in persuading our patients to submit, we were compelled to give our two courses of medicine in a much milder form than the Thomsonian one, and also to bring out our seven Select Compounds to answer the purpose instead of giving a course of steaming, baths, &c.

#### TREATMENT.

Commence with the Select Compound No. 7 as directed under that head, and take the Rheumatic Pills No. 26. Bathe the part affected with hot water for ten minutes, then wipe dry and rub in the Rheumatic Liniment No. 81 three times a day. If the pains are not speedily removed, follow the instructions we have given in our second course of medicine.

## QUINSY.

### INFLAMMATORY SORE THROAT.

The term Quinsy is applied to a sudden inflammation and swelling of the tonsil gland, situated on each side of the throat, and behind the root of the tongue.

#### TREATMENT.

To promote perspiration, and to cleanse the stomach and bowels, are important in the treatment of quinsy. A full course of medicine will be proper in the commencement, as the surest means of moderating the violence of the disease, and in some instances, it will put a stop to a further increase of the inflammation and swelling.



In mild cases, where the inflammation is not severe, and the constitutional health but little disturbed, much medicine will not be required. An injection once a day to relieve the bowels; the use of mucilaginous drinks, such as elm gruel and barley water; an occasional dose of composition tea, and a warm poultice kept to the throat, will suffice in the way of treatment.

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## APHTHOUS SORE MOUTH.

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### INFANT'S SORE MOUTH.

In this disease there is a secretion which forms in patches over the tongue and mouth, resembling whey curd. In some cases the disease spreads and covers the tongue, and occasionally extends to the stomach and bowels, appearing at the anus, these parts becoming excoriated.

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### LOCAL TREATMENT.

In the first place, rub off these white patches with a dry rag; then wet a finger, and cover it with fine bayberry powder, and rub over the tongue and sides of the mouth. Then lay on the tongue some finely powdered chalk, mixed with an equal quantity of loaf sugar. These applications will generally cure it after a few repetitions.

In more obstinate cases, give the child, two or three times a day, a tablespoonful or more of the strong decoction of bayberry or sumac, with the addition of half a teaspoonful of powdered chalk, sweetened.

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## COLIC.

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### FLATULENT COLIC

Is produced by a collection of wind or flatus in the stomach or bowels, from indigestion. Persons of weak digestion and acid

stomach, are liable to colic from inaccuracies in diet, or from drinking freely of cold liquids, such as lemonade, ice-water, or cold milk.

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### TREATMENT.

There is a variety of stimulants, either of which may answer in mild cases; such as capsicum or composition tea, Thompson's No. 6, oil of juniper, hot brandy toddy, or essence of peppermint. The teas must be drunk as hot as the patient can bear them.

Infants are peculiarly liable to colic pains, which may be relieved generally by the most simple remedies; as warm tea of catnip, ginger, calamus, or mint. Adding a few drops of the essence of peppermint, or tincture of lobelia, will render the teas more effectual.

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## DIARRHŒA AND DYSENTERY

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### DISTINGUISHING SIGNS BETWEEN DIARRHŒA AND DYSENTERY.

In diarrhœa the bowels are in a relaxed condition, with copious evacuations, consisting chiefly of imperfectly-digested food, and generally free from blood or mucous. In dysentery, the bowels are costive, the natural feces retained, and the stools consist principally of blood and mucous, small in quantity, and the disease is attended with severe griping, and a frequent inclination to go to stool.

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### TREATMENT OF DIARRHŒA.

In slight cases, a few doses of composition or bayberry tea, with the addition of No. 6, will, in general, check the disorder, and correct the digestion. A variety of other remedies may be used for this complaint, such as cholera syrup, Thomson's No. 5 syrup, lavender brandy, burnt brandy and loaf sugar, chalk mixture, lime water, and purified charecoal.

In bad cases, the dysentery or cholera syrup may be given in tablespoonful doses after every motion from the bowels, until the purging is lessened or the stools become of a natural colour.

The Anti-eholera Powders No. 10 and No. 11, may be used in extreme cases, if the syrup is not sufficient to cure.

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## DROPSY.

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There are two kinds of this complaint ; one is caused by losing the inward heat so as to stop the natural perspiration, which causes the water that is usually thrown off in this way to collect in the body and limbs. This may be cured by raising the internal heat and causing a profuse perspiration, when the water will pass off in the natural way ; then make use of such medicine as will remove canker and restore the digestive powers, when, the food being digested, will restore the natural heat of the body, and also the perspiration. The other kind is caused by cold and obstruction ; but instead of the water collecting and remaining in the body and limbs, a leak forms in the glands and lets it into the trunk of the body, where there is no vent to let it off.

### TREATMENT.

In addition to the Vapour Bath take the Select Compound No. 3, with the Diuretic Powder No. 13, and the Gravel Pills No. 27, and follow to the very letter our instructions given in Course of Medicine No. 2, for although by taking the medicines without the course of Medicine they will cure the disease, yet by having the course the cure is performed in half the time

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## GRAVEL.

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The symptoms of Calculi, or Gravel in the Kidneys, independently of inflammation, are—excruciating pain in the region of the kidneys down to the bladder ; constant sickness at the stomach, with frequent retching and vomiting ; pain in the inside of the thigh ; pain in the testes, and strangury difficultly in making water, &c.

The gravel may pass off and give perfect relief, or the paroxysms may continue, and inflammation ensue.

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### TREATMENT OF GRAVEL IN THE KIDNEYS.

To relieve the pain, and facilitate the expulsion of the gravel,

and at the same time to lessen the tendency to severe inflammation, a regular course of medicine will prove most effectual, or our course No. 2, the patient at the same time taking the Select Compound No. 3, and carrying out the instructions in full, as directed under that compound. It may not be necessary to apply the Bath more than once, for we have cured the greater part of our patients by using the Select Compound No. 3, and the Diuretic Powder No. 13, in connection with the Gravel Pills No. 27.

Let the patient go to bed and put a hot brick wrapped in a cloth sprinkled with vinegar and water to the feet, and take sufficient of the Powder No. 13 to cause perspiration, and a hot bran poultice to the lower part of the back, or flannels dipped in hot water.

## DISEASES OF THE LIVER.

### SYMPTOMS

Attending affections of the liver are extremely diversified. The most obvious symptom indicating obstruction to the flow of bile, is a yellowness of the skin and whites of the eyes. Sometimes there may be a low grade of inflammation in the liver, occasioning shooting pain in the side and shoulder, accompanied with a dry, harsh, contracted state of the skin, loss of appetite, bad taste in the mouth, extreme restlessness at night, and dizziness of the head. In such cases the digestion is always impaired, there are flatulency and distress after meals, attended with heartburn and constipation of the bowels. In some cases the patient will be affected with occasional diarrhoea, the stools presenting various appearances, sometimes clay-coloured; in other instances bilious; or they may be slimy and hard, or have a green appearance. Sometimes the liver becomes enormously distended and hard, filling at least half the cavity of the abdomen, and its margins are distinctly felt by pressing the hand on the abdomen.

### TREATMENT.

Take of the Select Compound No. 4, one or two teaspoonsful three times a day, in half a teacupful of dandelion tea, and one teaspoonful of the Laxative Bitters, No. 8 at night, and two of the Liver Pills morning and night. The No. 4 Select Compound is the best remedy in Jaundice and all affections of the liver that we are

acquainted with. Taken according to the instructions under that compound it seldom fails to cure. If the bowels become too free, discontinue the Laxative Bitters.

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## AMERICAN GLOBULES, OR SUGAR-BODIED PILLS.

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Put six ounces of soft moist sugar into a small brass pan, then take fluid extract of buckbean, wormwood, mandrake and barberry bark, of each one drachm: mix with the sugar, and place it on a slow fire. Stir well to prevent burning, and when nearly dissolved, add the fluid extract of lungwort, pleurisy root, horehound and lobelia, of each one drachm; stir again, and then take the fluid extracts of blue flag, pellitory of the wall, and broom, of each one drachm; of the pure juice of dandelion two drachms, and one drachm each of the fluid extract of cleavers and burdock. Add fluid extract of poke root and prickly ash, of each one drachm. Keep it on the fire until it has attained the proper consistency, then pour the whole on a metal plate, and while warm add the nervines, valerian and sculcap in fine powder, of each one drachm. Mix it well by pulling it while warm; then divide into seven grain globules.

*Directions for use.*—Give a child two years old one globule; from two to six, one night and morning; from six and under fourteen, one three times a day; a grown-up person, two three times a day. Do not swallow them whole, but allow them gently to dissolve in the mouth.

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The above is the recipe for the celebrated American Globules as manufactured by us. The success they have met with throughout the country is sufficient proof of their efficacy as a general family medicine.

One box will be forwarded to any address for 14 postage stamps. Five boxes, 60 stamps, post free.

**ACHILLEA MILLEFOLIUM (YARROW).**—Mild, aromatic, tonic, antispasmodic, and astringent. Useful in intermittents, flatulent colic and nervous affections, and low forms of exanthematous fever.

**ALETRIS FARINOSA (STAR GRASS).**—One of the most intense bitters known. Used in infusion as a tonic and stomachic; large doses produce nausea and a tendency to vomit. Has been employed in chronic rheumatism and dropsy.

**ALNUS RUBRA (TAG ALDER).**—Alterative, emetic, and astringent. Useful in scrofula, secondary syphilis, and several forms of cutaneous diseases.

**APOCYNUM ANDROSÆMIFOLIUM (BITTER ROOT).**—Valuable in the treatment of chronic hepatic affections; used as an emetic and diaphoretic; as an alterative in syphilitic and scrofulous affections, as well as in intermittents and the low stage of typhoid fevers.

**ANTHEMIS NOBILIS (CAMOMILE).**—Tonic. Used in cases of enfeebled digestion, general debility, and languid appetite. In large doses will act as an emetic.

**ARALIA HISPIDA (DWARF ELDER).**—Possesses sudorific, diuretic, and alterative properties. It is recommended as serviceable in dropsy, gravel, and suppression of urine.

**ARISTOLOCHIA SERPENTARIA (VIRGINIA SNAKE-ROOT).**—A stimulant tonic, used in typhoid fever, whether idiopathic or symptomatic, when the system begins to feel the necessity for support, but is unable to bear active stimulation. Its action may be much improved by combination with Cinchona, particularly in intermittent fevers. Employed as a gargle in malignant sore throat.

**UVA URSI (UVA URSI).**—Uva Ursi is an astringent tonic, and has a specific direction to the urinary organs, for complaints of which it is chiefly used; has reputation as an antilithic in gravel, chronic nephritis, ulceration of the kidneys, bladder, and urinary passages. It has been recommended in place of Ergot of Rye. It does not cause such powerful contractions, nor is its use attended with as much danger.

**ARALIA RACEMOSA (SPIKENARD).**—Alterative and gently stimulant. Cutaneous, rheumatic, syphilitic, and pulmonary affections have been successfully treated by this agent.

**ARTEMISIA ABSINTHIUM (WORMWOOD).**—Anthelmintic, tonic, and narcotic. Used in intermittent fever, jaundice, and worms. Promotes the appetite in chronic dyspepsia, amenorrhea, obstinate diarrhoea, &c. Externally, it is useful in fomentations for bruises and local inflammations.

**ARTEMESIA VULGARIS (MUGWORT).**—Anthelmintic and



tonic. Mugwort is reputed beneficial in epilepsy, hysteria, and amenorrhea. It has been used successfully in fevers.

**ARTEMESIA ABROTANUM (SOUTHERNWOOD).**—Tonic and antispasmodic. Administered, with benefit, in intermittents to increase the appetite, in chronic dyspepsia, to promote the early re-establishment of the digestive functions to their normal state.

**ASCLEPIAS INCARNATA (WHITE INDIAN HEMP).**—Emetic, cathartic, and diuretic. Useful in catarrh, asthma, rheumatism, syphilis, and worms.

**ARUM TRIPHYLLUM (WILD TURNIP).**—Aerid, expectorant, diaphoretic. Recommended in flatulency, croup, whooping cough, stomatitis, asthma, chronic laryngitis, bronchitis, low stage of typhus fever, and various affections connected with a cachectic state of the system.

**ASCLEPIAS TUBEROSO (PLEURISY ROOT).**—Pleurisy Root is carminative, tonic, and diuretic; used in pleurisy, pneumonia, catarrh, febrile diseases, acute rheumatism, and dysentery. Efficient in flatulency and indigestion.

**ASPIDIUM FILIX MAS (MALE FERN).**—Its specific property is anthelmintic. The accounts of its efficacy in the treatment of tapeworm, are too numerous to admit of any reasonable doubt on the subject.

**AURANTI CORTEX (ORANGE PEEL).**—It is a mild tonic, carminative, and stomachic, but is seldom used alone. It is a useful addition to bitter infusions and decoctions.

**BAPTISTA TINCTORIA (WILD INDIGO).**—Principally used on account of its antiseptic virtues. It is an excellent application as a wash or gargle to all species of ulcers, as malignant ulcerous sore mouth and throat, mercurial sore mouth, scrofulous and syphilitic ophthalmia, &c.

**DIOSMA CRENATA (BUCHU).**—Buchu is given chiefly in complaints of the urinary organs attended with increased uric acid, as gravel, chronic catarrh of the bladder, morbid irritation of the bladder and urethra; also in dyspepsia, chronic rheumatism, cutaneous affections, and dropsy.

**BENZOIN ODORIFERUM (FEVER BUSH).**—Aromatic, stimulant and tonic. Useful in the management of ague and typhoid forms of fevers, as a refrigerant and exhilarant in various febrile conditions, for allaying excessive heat and uneasiness.

**BERBERIS VULGARIS (BARBERRY).**—Tonic and laxative. Used in cases where tonics are indicated. Mild in its operation, and favourably spoken of in the treatment of jaundice, chronic diarrhoea and dysentery, cholera infantum, &c. Serviceable as a wash or gargle in apthous sore mouth and in chronic ophthalmia.

**CAPSICUM ANNUUM (CAYENNE PEPPER).**—A powerful stimulant, and a condiment; is very useful in correcting flatulency in dyspepsia; promoting digestion; in sea-sickness, on the first occasion of nausea; in dropsies; in malignant sore throat and scarlet fever; as a gargle in intermittents.

**CANELLA ALBA (CANELLA).**—Canella is possessed of the ordinary properties of aromatics; acts as a local stimulant and gentle tonic; valuable as an addition to tonic or purgative medicines in debilitated states of the digestive organs. Seldom prescribed except in combinations.

**CURCUMA LONGA (TURMERIC).**—Stimulant, aromatic, tonic, discussive and healing. Used especially in jaundice and the itch; also employed in debilitated states of the stomach, intermittent fever and dropsy.

**CEPHÆLIS IPECACUANHA (IPECAC).**—It is a mild and tolerably certain emetic, and being usually thrown from the stomach in one or two efforts, it is not apt to produce dangerous effects. It is especially useful when poisons have been swallowed; in cases of dysentery; as a nauseate in asthma, whooping-cough, and the hemorrhages; and as an expectorant in catarrhal and other pulmonary affections.

**PARAIBA (PARAIBA BRAVA).**—Useful in calculous affections, diseases of the urinary passages, chronic inflammation and ulceration of the kidneys and bladder. It allays irritability of the bladder, and corrects the disposition to profuse mucous secretions.

**CHIMAPHILA UMBELLATA (PIPSISSEWA, PRINCE'S PINE).**—Tonic, diuretic, and astringent. Highly recommended in dropsy; useful in disordered digestion and general debility, rheumatism, nephritic affections, and scrofula; in obstinate, ill-conditioned ulcers; in cutaneous eruptions; in chronic affections of the urinary organs.

**CHELONE GLABRA (BALMONEY).**—Tonic, cathartic, and anthelmintic. Valuable in jaundice and hepatic diseases; likewise for the removal of worms. Used as a tonic, in small doses, in dyspepsia, debility of the digestive organs, and during convalescence from febrile and inflammatory disease.

**CHENOPODIUM ANTHELMINTICUM (WORMSEED).**—Wormseed is one of our most efficient indigenous anthelmintics, and it is thought to be particularly adapted to the expulsion of the round worms in children. A dose of it is usually given before breakfast in the morning, and at bedtime in the evening, for three or four days successively, and then followed by some cathartic.

**CIMICIFUGA RACEMOSA (BLACK COHOSH).**—This remedy possesses an undoubted influence over the nervous system, and has

been successfully used in chorea, epilepsy, nervous excitability, asthma, delirium tremens, and many spasmodic affections. In febrile diseases it frequently produces diaphoresis and diuresis.

**CINCHONA (PERUVIAN BARK).**—Valuable in functional derangements of the stomach, improving digestion, and invigorating the nervous and muscular systems in diseases of general debility, and in convalescence from exhausting disease. As a tonic, it will be found to advantage in measles, small-pox, scarlatina, during the absence of fever or inflammation, also in cases where the system is exhausted by purulent discharges. It may likewise be used in all chronic diseases attended with debility, as scrofula, dropsy, obstinate cutaneous diseases, &c. To obtain this antiperiodic influence, the red and yellow barks are considered superior to the pale, while the pale is preferred as a tonic.

**COPTIS TRIFOLIA (GOLD THREAD).**—Simple tonic bitter. It closely resembles quassia in properties, and is employed when a pure tonic is desired. It proves serviceable in chronic dyspepsia and loss of appetite. Much used as a gargle in various ulcerations of the mouth.

**EUPATORIUM PERFOLIATUM (BONESET).**—Tonic, diaphoretic, and in large doses, emetic and aperient. Used in colds, fevers, catarrhs, remittent and intermittent fevers, typhoid pneumonia, dropsy, dyspepsia, and general debility. The *Eupurpurin*, from the *E. Purpureum*, is a most powerful diuretic. Used with excellent effect in all chronic urinary disorders.

**GLYCYRRHIZA (LIQUORICE).**—Liquorice is an agreeable demulcent and expectorant. The extract is widely employed as a corrigent in the preparation of many unpalatable medicines. As a remedial drug it may be used in catarrhal and bronchial affections, coughs, pulmonary and hectic cases attended with thirst, also to allay irritation of the urinary organs, and the pain in diarrhoea.

**GEUM RIVALE (AVENS' ROOT).**—Tonic and astringent. Used in numerous diseases, as chronic hemorrhages, chronic diarrhoea and dysentery, leucorrhœa, dyspepsia, phthisis, congestion of the abdominal viscera, intermittents, ulcerations, &c.

**GENTIANA LUTEA (GENTIAN).**—It is a valuable tonic, adapted to those cases requiring the use of pure or simple bitters. It excites the appetite, invigorates the powers of digestion, and may be used in all cases of disease dependent on pure debility of the digestive organs, or requiring a general tonic. It has proved useful in dyspepsia, gout, hysteria, scrofula, intermittent fever, diarrhoea, and worms, but is rather applicable to the condition of the stomach and system generally than to any specific disease.

**GALIUM APARINE (CLEAVERS).**—Valuable as a refrigerant and diuretic, and beneficial in many diseases of the urinary

organs, as suppression of urine, calculous affections, inflammation of the kidneys and bladder, and in the scalding of urine in gonorrhœa. It is contra-indicated in diseases of a passive character, on account of its refrigerant and sedative effects upon the system, but may be used freely in fevers and all acute diseases.

**GAULTHERIA PROCUMBENS (WINTERGREEN).**—Stimulant, aromatic and astringent. It is used in infusion in chronic diarrhœa, as a diuretic in dysury, and as an emmenagogue.

**GERANIUM MACULATUM (CRANEBILL).**—A powerful astringent. Used in chronic diarrhœa, cholera infantum, hemorrhage, &c. It forms an excellent local application as a gargle in sore throats and ulcerations of the mouth, and is adapted to the treatment of such discharges as continue from debility, after the removal of their exciting causes. The absence of unpleasant taste and all other offensive qualities, renders it peculiarly serviceable in the cases of infants, and of persons with very delicate stomachs.

**HYDRASTIS CANADENSIS (GOLDEN SEAL).**—Used in dyspepsia, chronic affections of the nervous coats of the stomach, erysipelas, remittent, intermittent and typhoid fevers, stupor of the liver, and where tonics are required. In combination with geranium, it forms an efficient remedy in chronic diarrhœa and dysentery.

**HYPERICUM PERFORATUM (JOJNSWORT).**—Astringent, sedative and diuretic. It is beneficially administered in suppression of urine, chronic urinary affections, diarrhœa, dysentery, worms, jaundice, menorrhagia, hysteria, and hemoptysis. Externally applied to caked breasts, hard tumours, and ecchymosis, it proves of service.

**HAMAMELIS VIRGINICA (WITCH HAZEL).**—Witch Hazel is tonic, astringent, and sedative; used in hemoptysis, hematemesis and other hemorrhages, as well as in diarrhœa, dysentery, and excessive mucous discharges; in incipient phthisis, in which it is supposed to possess an anodyne influence; also for sore mouth and painful tumours.

**IRIS FLORENTINA (ORRIS).**—Possesses cathartic properties, and, in large doses, acts as an emetic. Chiefly used in compounds, on account of the agreeable odour it imparts.

**IRIS VERSICOLOR (BLUE FLAG).**—A potent remedy in dropsy, scrofula, hepatic, renal and splenic affections. It acts more particularly on the glandular system, and, in large doses, it evacuates and exhausts the system, acting on the liver.

**INULA HELENIUM (ELECAMpane).**—Aromatic, stimulant, and tonic. Some claim it also as diuretic, diaphoretic, emmenagogue,

and expectorant. The chief use of Elecampane is in chronic pulmonary affections, weakness of the digestive organs, dyspepsia and cutaneous diseases, hepatic derangements and general debility.

**IPOMÆA JALAPA (JALAP).**—It is an active cathartic, operating briskly, and sometimes painfully, upon the bowels, producing copious and watery stools. It is advantageously employed in dropsy, in the treatment of hip disease, and scrofulous affections of the other joints.

**JUNIPERUS COMMUNIS (JUNIPER BERRIES).**—Stomachic, carminative, and diuretic. Employed with good success in cases of impairment of appetite and digestion; acts as a healthful stimulant in chronic affections of the bladder, gonorrhœa, leucorrhœa, gleet, and scorbutic diseases. Favourably spoken of by Van Swieten in ascites and anasæra.

**LAURUS SASSAFRAS (*Bark of the Root*).**—Stimulant, diaphoretic, and alterant. It is a very useful ingredient in compounds for impurities of the blood. The bark of the root should be used, and not the chips which are usually sold in the shops.

**LEONTICE THALICTROIDES (BLUE COHOSH).**—Possessed of diuretic, diaphoretic, and anthelmintic properties; is a valuable agent in all chronic uterine diseases; appears to exert an especial influence upon the uterus; has been successfully employed in rheumatism, dropsy, colic, hiccough, epilepsy, uterine leucorrhœa, amenorrhœa, &c. In decoction, blue cohosh is preferable to ergot in expediting delivery, in all those cases where the delay is owing to debility, or want of uterine nervous energy, or is the result of fatigue.

**LEONURUS CARDIACA (MOTHERWORT).**—Recommended in nervous complaints, in irritable habits, delirium tremens, in all chronic diseases attended with restlessness, wakefulness, disturbed sleep, spinal irritation, neuralgic pains, and in liver affections.

**LAPPA MINOR (BURDOCK).**—Useful in scorbutic, syphilitic, scrofulous, gouty, leprosy, and nephritic diseases. To prove effectual, its use must be persevered in for a long time. As an ointment, it has been employed with advantage in cutaneous diseases and obstinate ulcers.

**LIRIODENDRON TULIPIFERA (WHITE WOOD).**—Aromatic, stimulant, and tonic. This drug is recommended in intermittents, chronic rheumatism, chronic, gastric, and intestinal diseases, hectic fever, night sweats, and colliquative diarrhœa of phthisis.

**MARRUBIUM VULGARE (HOREHOUND).**—Tonic, aperient, pectoral, and sudorific. Is largely employed in domestic practice in colds, asthma, catarrh, and other chronic affections of the lungs, attended with coughs and copious expectoration.



**NYMPHÆA ODORATA (WHITE LILY).**—Astringent, demulcent, anodyne, alterative, and antiscrofulous. It is a popular remedy in dysentery, diarrhœa, leucorrhœa, scrofula, and, combined with wild cherry, in bronchial affections.

**PYRETHRUM PARTHENIUM (FEVERFEW).**—Tonic and carminative, with emmenagogue, vermifuge, and stimulant properties. This is an excellent agent in colds, flatulency, worms, hysteria, and in some types of febrile diseases, and irregular menstruation.

**POLYGONUM PUNCTATUM (WATER PEPPER).**—Stimulant, diuretic, emmenagogue, antiseptic, and vesicant. Used in colds, coughs, gravel, uterine diseases, &c.

**POLYGALA SENECA (SENECA).**—Seneka is a stimulating diuretic and expectorant, and in large doses, emetic and cathartic. It excites more or less all the secretions. It is peculiarly useful in chronic catarrhal affections, the secondary stages of croup, and in pneumonia.

**PRUNIS VIRGINIANA (WILD CHERRY).**—Tonic and stimulant in its operation on the digestive organs, at the same time exercising a sedative influence on the circulatory and nervous systems. It is useful in the convalescent stages of inflammatory attacks, and in many pulmonary diseases, imparting tonicity without exciting unduly the heart and blood vessels.

**PINUS CANADENSIS.**—The extract prepared from the bark is a valuable remedy in the treatment of chronic diarrhœa, in the last stages of dysentery, and cholera infantum. The astringent properties seem to indicate its employment in hemorrhoids, menorrhagia, &c.

**PODOPHYLLUM PELTATUM (MANDRAKE).**—It is a certain cathartic; in large doses an emetic, alterative, anthelmintic, hydragogue, and sialogogue. It rouses the liver to a vigorous action, determines the blood to the surface, stimulates the kidneys, promotes expectoration, augments the glandular functions, and cleanses the intestinal canal of all irritating substances. In small doses, it acts as a powerful alterative. Useful in scrofulous and syphilitic diseases, hepatic affections, dysmenorrhœa, rheumatism, gonorrhœa; also administered beneficially in jaundice, dropsies, dysentery, diarrhœa, bilious, remittent and intermittent fevers.

**POPULUS TREMULOIDES (AMERICAN POPLAR).**—Tonic and febrifuge; has been used in intermittent fever with advantage. The fluid extract is reputed a valuable remedy in debility, want of appetite, feeble digestion, chronic diarrhœa, and worms. It is said to possess active diuretic properties.

**QUERCUS ALBA (WHITE OAK).**—Tonic, astringent, and alterative. As an astringent, it is very valuable; given in intermittent fevers, obstinate and chronic diarrhœa, used as a



gargle, and in baths for children. Applied externally as an ointment to ill conditioned ulcers, piles, &c.

**Ruta Graveolens (Rue).**—Its action is chiefly directed to the uterus; in moderate doses proving emmenagogue, and in large doses, producing a degree of irritation in that organ which sometimes determines abortion. It has been successfully used in flatulent colic, hysteria, epilepsy, and is an efficient vermifuge.

**RHEUM PALMATUM (RHUBARB).**—Used as a purgative in mild cases of diarrhoea and cholera infantum; as a stomachic and tonic in dyspepsia accompanied with debilitated condition of the digestive organs; as a purgative for infants it is valuable, and is well adapted to a variety of children's complaints.

**RUMEX CRISPUS (YELLOW DOCK).**—Alterative, tonic, mildly astringent and detergent. Useful in scorbutic and syphilitic affections, leprosy, elephantiasis, &c.

**SABBATIA ANGULARIS (CENTAURY RED).**—An excellent tonic. One advantage claimed for this drug over many others is that it does not constipate. It is employed as a tonic in full periodic febrile disease, both as a preventive and as a remedy, and as a bitter tonic in dyspepsia and convalescence from fevers.

**SYMPHYTUM OFFICINALE (COMFREY).**—The therapeutic effects of comfrey are due to its mucilaginous properties, which act upon the mucous membrane. It is demulcent and somewhat astringent. Useful in diarrhoea, dysentery, hemoptysis, and other pulmonary affections, leucorrhoea, and in female debility.

**SANGUINARIA CANADENSIS (BLOOD ROOT).**—Valuable as an emetic, narcotic, and stimulant. In small doses, it stimulates the digestive organs and accelerates the circulation, while, in large doses, it produces nausea, and consequent depression of the pulse. Used in typhoid pneumonia, catarrh, petussis, scarlatina, rheumatism, jaundice, dyspepsia, &c. Considered a specific in the early stages of erump.

**SIMILAX OFFICINALIS (SARSAPARILLA).**—Possesses a high reputation as an alterative in the treatment of chronic rheumatism, scrofulous affections, cutaneous affections, syphilitic diseases, and that depraved condition of the general health to which it is difficult to apply a name.

**SCILLA MARITIMA (SQUILL).**—Squill is expectorant, diuretic, and, in large doses, emetic and purgative. As an expectorant it is used both in cases of deficient and superabundant secretion from the bronchial mucous membrane. It is used in dropsy to increase the secretory action of the kidneys.

**SIMARUBA EXCELSA (QUASSIA).**—It possesses in the highest degree all the properties of simple bitters. It is purely tonic, invigorating the digestive organs, with little excitement of the

circulation, or increase of animal heat. Particularly adapted to dyspepsia, and to that debilitated state of the digestive organs which sometimes succeeds acute diseases.

**SENECIO AUREUS** (LIFE ROOT). — Diuretic, pectoral, diaphoretic, and tonic. An excellent remedy in gravel and other urinary affections; is said to be a specific in strangury: very efficacious in promoting menstrual discharges, and a valuable agent in the treatment of female diseases.

**SCUTELLARIA LATRIFLORA** (SCULLCAP). — Scullcap is a valuable nervine. Those who have long used it, claim for it tonic properties, which give strength as well as quiet to the system, and that it does not, like other nervines, leave the system in an excited and irritable condition. Used in tic-doloureux, St. Vitus' dance, convulsions, tetanus, as well as in ordinary diseases of the nerves.

**SAMBUCUS CANADENSIS** (ELDER FLOWERS). — The fluid extract made into a warm infusion is diaphoretic and gently stimulant; while the cold infusion is diuretic, cooling, and alterative. Employed in hepatic derangements of children, erysipelatosus and exanthematous affections. It is a superior laxative and refrigerant.

**TARAXACUM DENS - LEONIS** (DANDELION). — Valuable alterative, tonic, diuretic, and aperative. It has a specific action on the liver, exciting it to secretion when languid. Used with good effect in dyspepsia, diseases of the liver and spleen, and in the irritable condition of the stomach and bowels.

**TANACETUM VULGARE** (DOUBLE TANSY). — Aromatic, tonic, and anthelmintic. The warm infusion, prepared from the fluid extract, is a very good emmenagogue and diaphoretic. Tansy will be found useful, in small doses, in hysteria and dyspepsia complicated with flatulency, and in convalescence from exhausting diseases. It is regarded as especially serviceable to expel worms.

**THYMUS VULGARIS** (THYME). — Tonic, carminative, emmenagogue, and anti-spasmodic. Employed as a stimulating tonic in hysteria, dysmenorrhœa, colic, cephalgia, and in a debilitated state of the stomach.

**VALERIANA OFFICINALIS** (VALERIAN). — Valerian is tonic, and antispasmodic. It is useful in cases of irregular nervous action; in the morbid vigilance of fevers; in hypochondriasis, epilepsy, and occasionally in intermittent and remittent fevers.

**VERBENA** (VERVAIN). — Tonic, emetic, expectorant, and sudorific. The extract is pronounced valuable in intermittent fever, obstructed menstruation, in serofula, and visceral obstruction. As an expectorant and palliative, it is employed in catarrhal and bronchial affections.

**XANTHOXYLUM FRAXINEUM** (PRICKLY ASH).—Used in languid conditions of the system ; in rheumatism, chronic syphilis, and hepatic derangements. The Xanthoxylum may be used in all cases when it is desired to stimulate and strengthen mucous tissues.

*Fluid extract*—Dose : 15 to 45 drops.

*Xanthoxylum*—Dose : 2 to 6 grains.

*Pills* : 1 grain.

**ZINGIBER OFFICINALE** (GINGER). — Ginger is a grateful stimulant and carminative, often given in dyspepsia, flatulency, and imperfect digestion, as well as in colic, nausea, gout, spasms, cholera morbus, &c.

*The following additional Herbs are used by us in making up our Compounds.*

**QUEEN'S DELIGHT** (*STILLINGIA SYLVATICA*).—A highly valuable remedy in scrofulous, primary and secondary syphilitic, hepatic, and cutaneous diseases.

**QUEEN OF THE MEADOW ROOT**.—A valuable remedy in dropsy and obstructions in the urinary passages.

**POKE ROOT** (*PHYTOLACCA DECANDRA*).—A highly valuable remedy in all diseases of the glandular system, and used in syphilitic, mercurio-syphilitic, cutaneous and rheumatic affections.

**POLYPODY**.—Useful in pulmonary diseases and worms.

**MARSHMALLOW ROOT**.—A demulcent and diuretic, very good for inflammations, flux, &c.

**OAK BARK**.—A powerful astringent, useful in hemorrhage, diarrhoea, &c.

**PARSLEY ROOT**.—Excellent in dropsy and obstructions of the urine.

**BISTORT**.—A valuable remedy in diarrhoea, flux, bleeding piles, &c.

**BETH ROOT**.—Good in discharges of blood from the womb, stomach, bladder, nose, and female irregularities.

**SUMMER SAVORY** (*SATUREJA HORRENSIS*).—*The herb*. This is stimulant, carminative, and diaphoretic. Its active properties reside in a volatile oil. The infusion warms and invigorates the stomach, promotes perspiration, and, if taken freely, will usually arrest a sudden cold or slight febrile attack.

**GUAIACUM**.—Useful in rheumatic, scrofulous, and syphilitic diseases.

**GUM ARABIC.**—Useful in inflammations of the mucus membranes, general debility and cough.

**KOUSSO.**—A new and powerful remedy for all kinds of worms, whether in children or adults.

**FERN ROOT**, male.—A valuable remedy for tapeworms.

**FLAG ROOT**, sweet.—Good in colic, pains in the stomach, and bowels, &c.

**FENNEL SEED**, sweet.—An excellent carminative for children, &c.

**BUTTER-BUR ROOT.**—Excellent in fevers, pleurisy, and inflammations.

**BURNET ROOT.**—Valuable in all discharges of blood, diarrhoea, piles, seminal weakness, &c.

**BLACKBERRY ROOT** (*REBUS VILLOSUS*).—*Bark of the Root.*—This is a very useful astringent and tonic, and may be used as a substitute for bayberry, when that cannot be obtained. Formed into a syrup, it is an excellent remedy for chronic diarrhoea, dysentery, and all bowel disorders.

**LIVERWORT** (*HEPATIC A TRILOBA*).—*The Plant and Root.*—Is slightly astringent and tonic, and also deobstruent and demulcent. It is useful in fevers, liver complaint, and coughs. It assists expectoration, and allays the irritation of the lungs.

**PLANTAIN** (*PLANTAGO MAJOR*).—*The Root and Leaves.*—Is refrigerant, detergent, and slightly astringent. This plant, combined with an equal part of horehound, is remarkably efficacious in poisons of all kinds, especially the venom of poisonous reptiles.

*Classification of remedies made use of in the prevention, cure, and mitigation of disease.*

### ALTERATIVES.

This term is applied to substances which are found to promote a change in the system favourable to recovery from disease. Their action is to change the secretions and thus purify the blood. Use in tumours, cancers, scurvy, abscess, pimples, and all diseases arising from the impurity of the blood. As burdock, elder flowers, fever bush, prickly ash, prince's pine, sarsaparilla, scabish, spotted alder, stillingia, sweet fern, yellow parilla, yellow dock, fumitory, stinging nettles, agrimony, soapwort, ground ivy, scurvy grass, in strong decoction, powder, or made into a strong syrup. The No. 6 select compound is an excellent purifier and in connection with the Alternative Pills No. 29, and the Purifying Powder No. 12, is unequalled.

## ANTISEPTICS.

These are substances employed to arrest the process of putrefaction, by their stimulating action in the vessels which prevent a stagnation of the fluids of the body. They consist of capsicum, charcoal, gum myrrh, wormwood, yeast, yellow dock, water pepper, sugar, vinegar, &c., &c.

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## AROMATICS

Are a grateful class of medicines, which are generally stimulant; the principal of which are cloves, cinnamon, seeds of the prickly ash, spearmint, peppermint, pennyroyal, sassaparilla, summer savory, lavender, thyme, &c., &c. The Select Compound No. 2, is an excellent aromatic, and may be used with great success in all cases where aromatics are required.

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## ANTHELMINTICS

Are agents which have the effect of destroying or expelling worms from the intestines. These remedies are known to be merely temporary, and it will be necessary, when the worms are expelled, to restore the digestive organs to a healthy state, and to correct a predisposition in them to generate intestinal worms; for where there is a healthy state of the system, worms cannot exist. Among these remedies are aloes, black alder, poplar, balmony, blue flag, cowhage, kousso, garlic juice, pink root, pomegranate bark, rue, oil of cacao, tansy, worm seed, male fern, wormwood, &c.

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## ANTISPASMODICS.

Are substances which have the power of allaying irritation and spasm. Ammonia, angelica, assafoetida, black cohosh, camphor, English valerian, ladies' slipper, lobelia, masterwort, musk, skunk cabbage, skull-cap, &c. The select compound No. 5 is an excellent antispasmodic: we rely upon it in our practice.

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## ASTRINGENTS

Are articles which have the power of contracting the living fibre. Their more immediate effect is to diminish secretion, having afterwards a tonic effect. The principal astringents are aven's root, bayberry, beth root, black alder, catechu, kino, cinnamon, cranesbill, pinus canadensis, oak bark,

bistort, tormentil, red raspberry, witch hazel, white pond lily. The bark of the root of the English blackberry is one of the very best we know. Astringents are used in the cure of diarrhœa, dysentery, cholera, &c. See anti-cholera powder, No. 10 and No. 11.

## CATHARTICS, PURGATIVES, LAXATIVES.

These are medicines which increase the peristaltic motion of the intestines, and thereby produce a preternatural discharge. In a torpid or inactive state of the liver and bowels, this class of medicines is very important and extremely valuable. The following are generally used: Aloes, rhubarb, blue flag, butter-nut, castor oil, cream of tartar, eulvers root, flour of sulphur, jalap, mandrake, bitter root, mountain flax, senna, &c.

The best aperient that we are acquainted with is the celebrated Indian Pills, made in the following manner:

Best Turkey rhubarb ...	4 oz.	Golden seal ...	2 oz.
Socotrine aloes ...	4 oz.	Ginger ...	2 oz.
Lobelia herb, in powder	$\frac{1}{4}$ oz.	Cayenne ...	$\frac{1}{4}$ oz.
Oil of Peppermint ...	...	...	30 drops.

Mix with mucilage of gum Arabic, and take one pill morning and night.

## DEMULCENTS.

They are of a mucilaginous nature, and have a soothing effect on the parts, and consequently are much resorted to in diarrhœa, dysentery, irritation of the lungs, inflammation of the urinary passages, and for poultices in applications to the surface. They comprise basswood, bark, buck-horn, brake, comfrey, slippery elm, linseed, gum acacia, gum tragacanth, Irish moss, marsh mallows, &c.

## DIAPHORETICS

Are medicines which produce moderate perspiration. They are a most valuable class of medicines in all fevers and inflammations: As boneset, calament, catnep, cayenne, camomile, ginger, pennyroyal, peppermint, pleurisy root, prickly ash, saffron, sage, sculleap, marygolds, yarrow, ground ivy, vervain, thyme, &c.



## DIURETICS

Are medicines which augment the urinary discharge. Their general effect is to diminish the watery part of the blood, and the fluid effused into the cellular membrane.

They are used in all dropsical diseases, gravel and sluggish action of the kidneys or bladder; and with relaxants and demulcents, in irritation of the bladder, scalding of the urine, and all affections of the urinary passages. The principal diuretics are blue flag, buchu, burdock, cleavers, cream of tartar, dandelion, dwarf elder, elder flowers, Hollands gin, parsley, juniper, pennyroyal, pleurisy root, pumpkin seeds, queen of the meadow, spearmint, broom, uva ursi, wild carrot, pipsisaway, or winter-green, &c., &c.

The Select Compound No. 3, taken in connection with the Diuretic Powder No. 13, and in obstinate cases, a few doses of the Gravel Pills No. 27, never fails to cure when the disease can be cured by medicine.

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## EMMENAGOGUES

Are those medicines capable of promoting menstrual discharges. Suppression of these discharges is caused by a morbid or debilitated state of the system; and the remedies employed must have reference to this state. When caused by debility, resource should be had to tonics and stimulants; indeed stimulating diuretics are frequently more certain in their operation than any other medicines. Emmenagogues: aloes, black cherry, black cohosh, blue cohosh, camomile, feverfew, motherwort, oil of juniper, pennyroyal, tansy, myrrh, and the compound Female Corrective No. 6, and Female Restorative Powder No. 4. These are excellent in all female irregularities.

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## EXPECTORANTS,

Or Pectorals, are medicines which promote the secretion and discharge of mucus from the bronchial tubes and lungs. Expectorants seem to act either by removing constriction of the pulmonary exhalant vessels, or by stimulating them to an increase of the natural exhalation where it is deficient, or to alter its character when in an unhealthy state by removing the obstruction from the lungs. Use in coughs, colds, asthma, bronchitis, difficulty of breathing, tightness across the chest, consumption, and all diseases of the chest and lungs. Expectorants: lobelia, blood root, boncset, cayenne, pleurisy root, elecampane, liquorice, lungwort, horchound, coltsfoot, hyssop, St. John's wort, thyme, skunk cabbage, Irish and Iceland moss, &c., &c. In our own practice

the Select Compound No. 1, is an excellent medicine, and made use of by us in all affections of the chest and lungs, and when taken in connection with the Cough Powder No. 9, and the Cough Pills No. 21, gives us every satisfaction, and may be safely depended upon.

## EMETICS

Are medicines which excite vomiting. Independently of a mere evacuation of the stomach, emetics have a general influence upon the whole system, and in many cases do much good. They should not be made use of in pregnancy, or where the patient is ruptured, or in diseases of the heart, or where there is determination of blood to the head. Emetics: lobelia, boneset, camomile, blood-root, skunk cabbage, &c.

## NERVINES.

Are chiefly employed to quiet the nervous system, and as a means to procure sleep, without leaving the patient in a low and dejected state. The practice of using opium or laudanum for that purpose is to be deprecated, as the persistent use of this poisonous drug may do irreparable injury.

NERVINES: valerian, sculeap, spearmint, motherwort, pleurisy root, camphor, prickly ash, lavender, &c. The Select Comp and No. 5 (which see), the Nervine and Stimulant Powder No. 2, together with the No. 25 Pills, may be used with great advantage in the diseases named under their respective heads.

## STIMULANTS.

This class of medicines is of the utmost importance in the treatment of disease, and may be used with great safety in all cases. The pure vegetable stimulants remove all obstructions caused by colds, eradicate disease from the stomach and bowels, and remove pain from any part of the body, for they equalise the circulation and restore a warm and moist condition of the skin, and enable all the organs of the body to perform their functions in a natural and healthy manner. The No. 2 Select Compound and our own Composition Powder No. 1, are excellent stimulants, and have been used by us in our extensive practice for many years: every day their value as medicines increases in our estimation, and we cordially recommend them to all. The following are excellent stimulants: angelica, aniseed, blue flag,

camphor, carraway, cayenne, cloves, cinnamon, elecampane, fennel seed, ginger, horseradish, orange peel, lavender, rosemary, pennyroyal, peppermint, sassafras, prickly ash, spearmint, summer savory.

## TONICS

Are those articles which increase the tone of the animal fibre, by which strength is given to the system, and the appetite and digestion improved. They are, to a certain extent, stimulants, but the excitement is more slowly produced, and is permanent. No class of medicines require more care in their administration than these: they should never be given where there is a tendency to inflammation of the digestive and other organs, and always in connection with stimulants, as their power as tonics is greatly increased. The principal tonics are centuary, balmomy, barberry bark, bayberry, black alder, poplar, bogbean, gentian columba, boneset, camomile, comfrey, elecampane, golden seal, bitter root, orange peel, oxgall, prince's pine, Virginia snake root, wormwood, wild cherry bark, willow bark, &c., &c.

The Laxative Bitters Powder, No. 8 and the Spiced Bitters No. 3, are excellent tonics; but the Select Compound No. 4, is the best and the one we can recommend to all: to restore the weak and debilitated, it is unequalled in its actions.

## SELECT COMPOUNDS.\*

### SELECT COMPOUND No. 1.

Lobelia	..	..	..	$\frac{1}{4}$	OZ.
Pleurisy	..	..	..	$\frac{1}{4}$	OZ.
Boneset	..	..	..	$\frac{1}{4}$	OZ.
Elecampane	..	..	..	$\frac{1}{4}$	OZ.
Liquorice	..	..	..	$\frac{1}{4}$	OZ.
Aniseed	..	..	..	$\frac{1}{4}$	OZ.
Horehound	..	..	..	$\frac{1}{2}$	OZ.
Blood Root	..	..	..	$\frac{1}{4}$	OZ.
Cayenne	..	..	half-teaspoonful.		

All in fine powder; mix, and infuse for ten days in one pint of

\* The reader will observe that the number of Recipes in this Work exceeds one hundred; but we do not wish him to think that it is necessary to make use of them all in order to successfully cure the ordinary forms of disease. On the last two pages (which see, we have given a list of those Compounds, Pills &c., which we use in our own extensive practice, and find them sufficient to cure all the diseases named under their respective heads.

the best Irish whiskey, shake it up morning and night, and then strain. Add to the tincture  $\frac{1}{4}$  oz. of spirits of camphor and  $\frac{1}{2}$  oz. of essence of spearmint. Boil one pound of lump sugar in half-a-pint of water to the consistency of a syrup, and, when cold, add to the tincture; shake them well together, bottle, and keep in a cool place.

Use for coughs, colds, asthma, consumption, difficulty of breathing, wind or spasms, and all diseases of the chest and lungs.

Dose: One or two teaspoonfuls three times a day, and take half a teaspoonful of the No. 2 Relaxant, Nervine, and Stimulant Powder in a half-teacupful of boiling water. In tablespoonful doses three, four, or five times a day. In very bad cases, two of the Cough Pills No. 21, may be taken at night.

The above compound never fails to give relief in all diseases of the chest and lungs, and will most certainly cure all cases that can be cured by medicine.

### SELECT COMPOUND No. 2.

Bayberry bark	..	..	2 oz.
Poplar bark	...	...	2 oz.
Wild cherry bark	..	..	1 oz.
Ginger root, bruised	..	..	2 oz.
Prickly ash seeds	..	...	1 oz.
Cloves, bruised	..	...	1 oz.

The barks to be well bruised, but not in powder.

Boil in one gallon of water down to two quarts; strain, and add 3 pounds of the best lump sugar; simmer for twenty minutes, or until of the consistency of syrup, and when cold, add tincture of cayenne  $\frac{1}{2}$  oz., essence of spearmint 1 oz., essence of sassafras  $\frac{1}{2}$  oz., essence of pipsissaway or wintergreen  $\frac{1}{2}$  oz., and half a pint of the best brandy.

This compound being stimulant, astringent, and slightly tonic, is an invaluable medicine, being adapted to all forms of disease, and may be safely employed in all cases. It is more particularly good for pain in the stomach and bowels, and to remove all obstructions caused by cold, and for chilliness or wind it is unequalled. It is one of the best family medicines known, and will keep good for any length of time.

Dose: One or two teaspoonfuls three or four times a day, and one teaspoonful of the No. 1 Composition Powder, at night, in half a teacupful of boiling water sweetened. If the bowels are costive, take two of the No. 24 Pills at night.

## SELECT COMPOUND No. 3.

Queen of the Meadow	...	...	2 oz.
Juniper Berries ..	..	...	2 oz.
Parsley root ..	..	..	2 oz.
Pellitory of the Wall	..	..	2 oz.
Dwarf Elder ..	..	..	2 oz.
Wild Carrot ..	..	..	2 oz.
Broom ..	..	..	2 oz.
Blue Flag ..	..	..	1 oz.

Simmer in three pints of water down to one pint, then add one pound of lump sugar, simmer again for twenty minutes, skim off the scum that rises, and, when cold, add tincture of lobelia 2 oz., essence of spearmint 1 oz., and essence of pipsissaway or winter-green 1 oz., essence of pennyroyal  $\frac{1}{2}$  oz., and the expressed juice of the dandelion 4 oz., and the best Hollands gin half a pint; bottle and keep it in a cool place.

Use for gravel, dropsy, pains in the back and all diseases of the kidneys and bladder.

Dose: One teaspoonful three times a day, and one teaspoonful of the Diuretic Powder No. 13, in half a teaupful of hot water at night.

Use: This exeellent compound is one of our best remedies for gravel, dropsy, retention of urine, stone in the bladder, pains in the back and all diseases caused by obstruction of the kidneys, bladder, &c.

## SELECT COMPOUND No. 4.

Balmony ..	..	..	$\frac{1}{2}$ oz.
Golden seal ..	..	..	$\frac{1}{2}$ oz.
Mandrake ..	..	..	$\frac{1}{4}$ oz.
Bitter root ..	..	..	$\frac{1}{4}$ oz.
Poplar bark ..	..	..	$\frac{1}{2}$ oz.
Peruvian bark ..	..	..	$\frac{1}{2}$ oz.
Bogbean ..	..	..	$\frac{1}{2}$ oz.
Centuary ..	..	..	$\frac{1}{2}$ oz.
Dried orange peel ..	..	..	1 oz.
Cayenne $\frac{1}{4}$ oz. Ginger ..	..	..	1 oz.

Mix and infuse in one pint of Madeira or good old sherry wine, shaking it well every day for 14 days; then add 8 oz. of the pure juice of the dandelion and half a pint of the best brandy. Strain clear and bottle for use.

This compound is an excellent remedy for restoring the tone of the digestive organs and creating an appetite. It is very useful in indigestion, general debility, weakness, &c.; but in pains between the shoulders, jaundice, and liver complaints, taken with the Liver Pills No. 23, it is a certain specific, generally giving relief in two or three days.

Dose: One or two teaspoonfuls three times a day, and two of the Liver Pills at night. In very obstinate cases, take a teaspoonful of the Laxative Bitters No. 8, in cold water, once a day, unless the bowels are too free.

#### SELECT COMPOUND No. 5.

Sculleap	..	..	..	4 oz.
Valerian	..	..	..	4 oz.
Spearmint	..	..	..	1 oz.
Motherwort	..	..	..	1 oz.
Ginger	..	..	..	2 oz.
Pleurisy Root	..	..	..	1 oz.
Wild Cherry Bark	..	..	..	1 oz.
Prickly Ash seeds	..	..	..	1 oz.

Simmer in one gallon of water down to two quarts, then add two pounds of best lump sugar, simmer until reduced to a syrup, and when cold, add essence of lavender 1 oz., spirits of camphor 1 oz., tincture of cayenne and tincture of cloves, of each  $\frac{1}{2}$  oz.

Dose: One teaspoonful three times a day; take also a large teaspoonful of the No. 2 Relaxant, Nervine and Stimulant Powder in half a teacupful of boiling water sweetened, in tablespoonful doses. If the bowels are costive, take two of the Compound Pill of Rhubarb, No. 24, at bed-time, until the bowels have been gently opened.

Use: This compound is an excellent remedy for the removal of hysteria, epilepsy, neuralgia, palsy, St. Vitus' dance, &c.

#### SELECT COMPOUND No. 6.

Sarsaparilla, sliced	..	..	..	4 oz.
Guaiacum wood, rasped	..	..	..	2 oz.
Sassafras bark	..	..	..	2 oz.
Fumitory herb	..	..	..	2 oz.



Bayberry bark	..	..	4 oz.
Elder flowers	..	..	2 oz.
Burdock root	..	..	4 oz.
Yellow dock	..	..	2 oz.
Blue flag	..	..	1 oz.
Poplar bark	..	..	2 oz.

Bruise all the above, and boil in one gallon of water down to two quarts, then strain and add lump sugar three lbs. simmer until reduced to a syrup, and when cold, add essence of sassafras 2 oz., essence of pipsisaway or winter green 1 oz., tincture of cayenne  $\frac{1}{2}$  oz., and tincture of cloves  $\frac{1}{2}$  oz.; shake them well and bottle for use.

Dose: One teaspoonful three times a day in half a teacupful of clivers tea, and one teaspoonful of the Alternative Powder No. 12, three times a day. In very obstinate cases of disease of the skin, and where the blood is in a very impure state, it will be necessary to take one of the Alternative Pills No. 29, morning and night.

This purifying syrup is excellent in diseases of the skin, pimples, blotches, eruptions, bad legs, tumours, cancers, boils, &c.

#### SELECT COMPOUND No. 7.

Take of Poke Root	..	..	2 oz.
Prickly Ash	..	..	2 oz.
Mustard Seed, bruised	..	..	2 oz.
Cayenne	..	..	$\frac{1}{2}$ oz.
Bark of the Sassafras	..	..	2 oz.
Gum Guaiacum	..	..	2 oz.
Gum Myrrh	..	..	1 oz.
Gum Camphor	..	..	$\frac{1}{4}$ oz.

Macerate for 14 days in two quarts of rectified spirits; keep it in a bottle, well corked, and in a warm place. shaking the bottle morning and night, then filter. Simmer two pounds of the best lump sugar in one quart of water to the consistency of a syrup, and when cold add it to the tincture, shaking them well together until thoroughly mixed, then bottle for use.

Dose: One or two teaspoonsful three times a day, and one of the Rheumatic Pills, No. 26, morning and night, and apply the Rheumatic Liniment No. 81 to the parts affected. If necessary, carry the patient through a course of medicine as recommended in No. 2 course.

The above compound is one of the best medicines for tic or pains

in the face, and all rheumatic affections. It is unequalled in chronic rheumatism. It never fails to give relief in all cases, and we do believe that if the disease can be cured by medicine this compound will most certainly cure it.

## COMPOUNDS.

The following compounds are either such as we have used in our own practice and have proved their value for many years, or have taken them from the text books of the Medical Colleges of New York, Ohio, Cincinnati, Memphis, Philadelphia, Georgia, Macon, &c., &c. We have given the principal compounds used by Dr. Thomson and some of the earliest reformed physicians, such as Comfort, Worthy, Mattson, Colby, Smith, and others; in one word, we have endeavoured to gather the best from all writers and give it in a condensed form for the benefit of all.

## DOSE OF MEDICINE.

The quantity of medicine to be taken at a dose depends on the age, sex, or peculiarity of constitution. The quantity mentioned in this work is an average dose for a full grown man. Females require less. For children the dose may be graduated by the following rule:—

For a youth of fifteen years, the dose may be two-thirds the quantity for a grown person; for a child of ten years one half the quantity; for one of two years, one sixth the quantity; for a child of one year, one tenth the quantity.

## No. 1. COMPOSITION POWDER.

Bayberry bark	..	..	4 oz.
Ginger	..	..	2 oz.
Cayenne	..	..	1 teaspoonful.
Pleurisy root, pulverized	..	..	$\frac{1}{2}$ oz.
Cinnamon	..	..	2 drams.
Prickly Ash	..	..	2 drams.
Sassafras, bark of the root	..	..	2 drams.
Cloves	..	..	2 drams.

All to be finely pulverized, and sifted through a fine sieve, and well mixed.

Dose: One teaspoonful in two-thirds of a cupful of hot water.

sweetened; milk or cream may be added to make it more agreeable. This compound, being stimulant, astringent, and tonic, is an invaluable family medicine, being adapted to all forms of disease.

For the cure of cold, inflammation, and fever, sore throat, and sudden attacks of every kind, there is no other remedy equal to it, and as a preventive to disease it is most invaluable. We recommend the "Composition Powder" as a safe, simple, and efficient remedy.

## No. 2. NERVINE, STIMULANT, AND RELAXANT.

Boneset	..	..	..	2 oz.
Pleurisy root	..	..	..	2 oz.
Valerian	..	..	..	2 oz.
Camomile	..	..	..	2 oz.
Scullcap	..	..	..	4 oz.
Ginger ..	..	..	..	4 oz.
Elecampane	..	..	..	4 oz.
Liquorice, <i>decorticated</i>	..	..	..	2 oz.
Blood root	..	..	..	1 oz.
Cayenne and Lobelia of each	..	..	..	$\frac{1}{2}$ oz.
Lump Sugar	..	..	..	1 lb.

An excellent medicine in nervous diseases, tightness across the chest, hoarseness, colds, indigestion, and all diseases of the chest and lungs. A universal family medicine to be taken at the commencement of any disease.

Dose: Half a teaspoonful in hot water sweetened, three times a day.

## I No. 3.—SPICED BITTERS.

Poplar bark	...	...	...	4 oz.
Golden seal	...	...	...	$\frac{1}{2}$ oz.
Prickly ash bark	...	...	...	$\frac{1}{2}$ oz.
Ginger ...	...	...	...	$\frac{1}{2}$ oz.
Cloves ...	...	...	...	$\frac{1}{2}$ oz.
Cinnamon	...	...	...	$\frac{1}{2}$ oz.
Balmoney	...	...	...	$\frac{1}{2}$ oz.
Cayenne	...	...	...	$\frac{1}{2}$ oz.
White sugar	...	...	...	1 lb.
Bayberry	...	...	...	1 oz.

The whole finely pulverised, sifted, and well mixed.

This is an excellent tonic compound, useful in all

indigestion, loss of appetite, jaundice, general debility, and all other cases where the system is in a weak relaxed state.

Dose : Take a teaspoonful of the powder, in half a cupful of hot water, three times a day, before eating ; or take the same quantity into the mouth dry, and wash down with cold water.

#### No. 4.—FEMALE RESTORATIVE.

Unicorn root, in powder	...	...	1 oz.
Golden seal	...	...	1 oz.
Poplar bark	...	...	1 oz.
Myrrh ...	...	...	1 oz.
Cloves ...	...	...	1 oz.
Bayberry	...	...	1 oz.
Cayenne	...	...	1 dram.
Lump sugar	...	...	$\frac{1}{2}$ lb.

All finely powdered and well mixed.

This compound is particularly designed for complaints of weakly females, such as fluor albus, bearing down, weakness, profuse menstruation, &c.

Dose: A teaspoonful in half a cupful of hot water three times a day.

#### No. 5. FEMALE TONIC POWDERS.

Comfrey	..	..	..	2 oz.
Resin ..	..	..	..	1 oz.
Elecampane	..	..	..	2 oz.
Loaf sugar	..	..	..	8 oz.

All finely pulverized and well mixed.

Dose: A teaspoonful once a day in hot water.

A valuable remedy for the fluor albus or whites.

#### No. 6. FEMALE CORRECTIVE POWDER.

Poplar bark	..	..	..	4 oz.
Gum myrrh	..	..	..	4 oz.
Cayenne	..	..	..	4 oz.
Unicorn	..	..	..	4 oz.
Bayberry	..	..	..	2 oz.
Tansy ..	..	..	..	4 oz.
Gum Aloes	..	..	..	$\frac{1}{2}$ oz.

All finely pulverized, sifted, and well mixed.

Dose : Half a teaspoonful in molasses or honey, three or four times a day.

This compound is designed for obstructed or suppressed menstruation.

### No. 7. SUDORIFIC POWDERS.

Lobelia, herb	..	..	.. 4 oz.
Skunk cabbage	..	..	.. 4 oz.
Pleurisy root	..	..	.. 4 oz.
Crawley root	..	..	.. 4 oz.
Camomile	..	..	.. 1 oz.

Dose : A quarter of a teaspoonful once an hour, until a gentle perspiration is produced. In typhus or scarlet fever it may be increased as the case may require.

Valuable for producing perspiration and equalising the circulation ; highly useful for a cough, and admirably adapted to break up a cold.

### No. 8. LAXATIVE BITTERS FOR THE LIVER.

Cayenne	..	..	.. 1 oz.
Valerian	..	..	.. 1 oz.
Bayberry	..	..	.. 1 oz.
Poplar bark	..	..	.. 1 oz.
Mandrake	:	..	.. 1 oz.
Golden Seal	..	..	.. 1 oz.
Balmony	..	..	.. 1 oz.
Bitter root	..	..	.. 1 oz.
Boneset	..	..	.. 1 oz.
Lobelia	..	..	.. 1 oz.

Mix well, a teaspoonful every night in cold water will keep the bowels free. It has also a specific action upon the liver.

The above compound may be made into Pills.

### No. 9. COUGH POWDER.

Cayenne	..	..	.. $\frac{1}{4}$ oz.
Lobelia herb	..	..	.. 1 oz.
Slippery Elm	..	..	.. 2 oz.
Prickly Ash	..	..	.. 1 oz.

Skunk Cabbage	..	..	..	1 oz.
Wake Robin	..	..	..	1 oz.
Valerian	..	..	..	1 oz.
Elecampane	..	..	..	1 oz.
Horehound	..	..	..	1 oz.

All finely pulverized, and well mixed.

Dose: Half a teaspoonful in hot water, sweetened, once in two or three hours.

Valuable in all cases of cough, consumption, croup, asthma, hoarseness, bronchitis, and all diseases of the lungs.

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#### No. 10. ANTICHOLOERA POWDER.

Tormentil root	..	..	..	1 oz.
Gum myrrh	..	..	..	1 oz.
Turkey rhubarb	..	..	..	1 oz.
Bayberry	..	..	..	1 oz.
Cinnamon	..	..	..	$\frac{1}{2}$ oz.
Slippery Elm	..	..	..	1 oz.
Peppermint plant	..	..	..	1 oz.
Ginger	..	..	..	1 oz.
Carbonate of soda	..	..	..	1 oz.

All finely pulverized and mixed together.

Upon three teaspoonfuls of this mixture pour half a pint of boiling water. Let it steep a short time.

Dose: A wineglassful, every half-hour or hour, until the urgent symptoms are abated, when it may be taken about three times a day until cured.

This is an invaluable preparation for cholera, summer complaints, diarrhoea, dysentery, and all bowel disorders.

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#### No. 11. ANTICHOLOERA POWDER.

Tormentil root	...	...	...	2 oz.
Poplar bark	...	...	...	1 oz.
Ginger ...	...	...	...	2 oz.
Peppermint plant	...	...	...	4 dr.
Slippery Elm	...	...	...	4 dr.
Cayenne	...	...	...	2 dr.
Gum myrrh	...	...	...	2 dr.
Carbonate of soda	...	...	...	2 dr.
Cinnamon	...	...	...	$1\frac{1}{2}$ dr.
Cloves	...	...	...	$1\frac{1}{2}$ dr.



All finely powdered and mixed together.

Dose: The same as the other, or half a teaspoonful of the powder every half hour. Add to each dose five drops of spirits of camphor.

### No. 12. ALTERNATIVE OR PURIFYING POWDER.

Bayberry	..	..	..	4 oz.
Dandelion	..	..	..	4 oz.
Yellow dock	..	..	..	4 oz.
Ginger	..	..	..	4 oz.
Golden seal	..	..	..	2 oz.
Sassafras bark	..	..	..	4 oz.
Sarsaparilla	..	..	..	4 oz.
Burdock	..	..	..	4 oz.
Cloves	..	..	..	2 oz.
Cayenne	..	..	..	$\frac{1}{2}$ oz.

All in fine powder. Mix and take one teaspoonful three times a day. In cancer, scrofula, tumours, blotches, pimples, and all diseases of the skin, as a general alternative and purifier of the blood. Half a teacupful of clivers tea to be taken morning and night.

### No. 13. DIURETIC POWDER.

Juniper berries, powdered	..	..	..	4 oz.
Parsley root	..	..	..	4 oz.
Blue flag	..	..	..	2 oz.
Lobelia	..	..	..	$\frac{1}{4}$ oz.
Buchu	..	..	..	4 oz.
Broom	..	..	..	2 oz.
Uva ursi	..	..	..	4 oz.
Dandelion	..	..	..	2 oz.

Rub well in the above compound, in the mortar.  $\frac{1}{2}$  oz. oil of wintergreen.

Dose. One teaspoonful in spearmint tea, hot, three times a day.

### No. 14. APERIENT POWDER.

Best Alexandrian senna	..	..	..	1 oz.
Jalap	..	..	..	$\frac{1}{2}$ oz.
Cloves	..	..	..	1 dr.
Camomile flowers	..	..	..	1 oz.
Best ginger	..	..	..	1 oz.

All finely pulverised, sifted, and mixed together.

Dose : from half to a whole teaspoonful. It must be taken in substance, in a little warm water and sugar.

It combines power with mildness of operation. It thoroughly cleanses the stomach and the whole extent of the bowels, and produces a healthy action in them.

#### No. 15. VEGETABLE COMPOUND.

Prickly Ash	..	..	1 lb.
Bayberry	..	..	8 oz.
Pleurisy root, pulverized	..	..	8 oz.
Skunk cabbage	..	..	8 oz.
Rosemary in powder	..	..	8 oz.
Sassafras, bark of the root, pulverized	..	..	4 oz.
Canada snake root	..	..	4 oz.
Cayenne	..	..	1 oz.

Far superior to composition, and much more agreeable. We know of no compound which is so well adapted to general use in the commencement of all diseases as this.

Dose: One teaspoonful in cold water three times a day.

#### No. 16. COMPOUND POWDER OF MANDRAKE.

Mandrake	..	..	1 oz.
Spearmint in powder	..	..	1 oz.
Cream of Tartar	..	..	1 oz.
Ginger	..	..	$\frac{1}{2}$ oz.

Pulverize separately and mix

Dose: A teaspoonful in tea or syrup, in diseases of the liver, dyspepsia, obstructed menses, dropsy, swelling of the bowels, difficulty of voiding urine, &c., &c.

#### No. 17. COMPOUND SULPHUR POWDER.

Flour of Sulphur	..	..	$\frac{1}{2}$ oz.
Sugar	..	..	1 oz.
Cream of Tartar	..	..	1 oz.

Dose: A teaspoonful two or three times a day: in piles, cutaneous affections, and eruptions.

#### No. 18. FEVER POWDER.

Ipecac.	..	..	1 gr.
Sugar	..	..	2 dr.

Make a powder, divide into 8 powders.

Dose: In fever one every half hour.

## No. 19. DEMULCENT POWDER.

Gum Acaeia	..	..	..	1 oz.
Elecampane	..	..	..	1 oz.
Liquorice	..	..	..	1 oz.
Comfrey	..	..	..	1 oz.

Dose: One teaspoonful in linseed tea ; for hoarseness, soreness of the bronchia, scalding of the urine, and irritating cough, in connection with the cough syrup and cough pills.

## No. 20. NEW COMPOSITION.

Priekly Ash	..	..	..	1 oz.
Ginger	..	..	..	1 oz.
Valerian	..	..	..	1 oz.
Pleurisy root	..	..	..	1 oz.

Dose: The same as Composition.

## No. 21. COUGH PILLS.

Lobelia	..	..	..	1 oz.
Valerian	..	..	..	1 oz.
Gum acaeia	..	..	..	1 oz.
Liquorice	..	..	..	1 oz.
Aniseed	..	..	..	1 oz.
Cayenne	..	..	..	1 oz.

Dose : One pill three times a day, in all cases of cough, asthma, consumption, and all diseases of the lungs, in rheumatism, dropsy, indigestion, &c., &c.

## No. 22. CAYENNE PILLS.

Cayenne	..	..	..	1 oz.
Aniseed	..	..	..	1 oz.
Ginger	..	..	..	1 oz.
Elecampane	..	..	..	1 oz.

Mix with gum and make into 5 grain pills.

Dose: One after every meal, for flatulency, wind in stomach & bowels, and all cold states of the system.

## No. 23. LIVER PILLS.

Mandrake	..	..	..	1 oz.
Blood root	..	..	..	1 oz.
Extract of dandelion	..	..	..	1½ oz

Lobelia	..	..	..	$\frac{1}{2}$ oz.
Bitter root	..	..	..	$\frac{1}{2}$ oz.
Cayenne	..	..	..	$\frac{1}{2}$ oz.
Barberry bark	..	..	..	$\frac{1}{2}$ oz.

Add a few drops of oil of peppermint.

Dose: Two pills morning and night.

This is an excellent remedy for the liver complaint, jaundice and affections of the kidneys.

Dose: One pill three times a day.

#### No. 24. COMPOUND PILL OF RHUBARB.

Rhubarb, in powder	..	..	..	3 oz.
Aloes	..	..	..	2 oz.
Pulverised myrrh	..	..	..	$1\frac{1}{2}$ oz.
Ginger	..	..	..	1 oz.

Castile soap and oil of peppermint, of each  $1\frac{1}{2}$  drams.

Dose: One or two pills at bedtime.

A mild aperient, and an excellent family medicine.

#### No. 25. NERVINE PILLS.

Assafœtida	..	..	..	1 oz.
Extract of hops	..	..	..	1 oz.
Valerian	..	..	..	1 oz.
Ginger	..	..	..	1 oz.

Mix with Gum acacia.

Dose: One or two in hysterics and all nervous derangements.

#### No. 26. RHEUMATIC PILL.

Poke root, in powder	..	..	..	1 oz.
Gum guaiacum	..	..	..	1 oz.
Cayenne	..	..	..	1 oz.
Lobelia	..	..	..	$\frac{1}{2}$ oz.

Dose: For chronic rheumatism, two pills three times a day.

#### No. 27. GRAVEL PILLS.

Ginger	..	..	..	1 oz.
Castile soap	..	..	..	1 oz.
Carbonate of soda	..	..	..	1 oz.
Oil of Juniper, sufficient to make a mass.				

Two pills half-an-hour before dinner, for a few days.

## No. 28. FEMALE PILLS.

Gum myrrh	..	..	..	1 oz.
Unicorn root	..	..	..	1 oz.
Tansy	..	..	..	1 oz.
Socotrine aloes	..	..	..	2 dr.
Lobelia	..	..	..	2 dr.
Black cohosh	..	..	..	1 oz.
Cayenne	..	..	..	1 oz.
Gum mucilage				

Make into pills.

Dose: Three pills every night, until relief is obtained, for female obstructions, headache, depression of spirits, dulness of sight, nervous affections, pimples, sallowness of the skin, and female irregularities.

## No. 29. ALTERATIVE PILLS.

Lobelia	..	..	..	$\frac{1}{2}$ oz.
Mandrake	..	..	..	$\frac{1}{2}$ oz.
Blue Flag	..	..	..	$\frac{1}{2}$ oz.
Blood root	..	..	..	$\frac{1}{2}$ oz.
Cayenne	..	..	..	$\frac{1}{4}$ oz.
Gum guaiacum	..	..	..	$\frac{1}{2}$ oz.
Extract of dandelion		..	..	$1\frac{1}{2}$ oz.

Dose: Two pills three times a day.

As a general purifying medicine they are unequalled.

## No. 30. ANTI-DYSPEPTIC PILLS.

Empty the contents of three large ox galls into a quart bowl; immerse into a vessel of boiling water, and keep the water boiling quite gently for the space of six or eight hours, or until the gall shall have acquired the consistency of thick molasses; then remove it from the fire, and let it stand until it becomes cool; then mix with it a powder, composed of five parts of finely pulverized golden seal, and one part Cayenne, and mould it into a pill-mass; then divide it into five grain pills. Administer from two to four, according to the nature of the case, three times in twenty-four hours. They rectify the acidity of the stomach and remove the distress, and regulate the bowels. [*Thomsonian Advertiser.*]

## No. 31. ANTISPASMODIC TINCTURE.

Tincture of lobelia	..	..	1 oz.
Tincture of cayenne	..	..	$\frac{1}{2}$ oz.
Tincture of valerian	..	..	1 oz.
Tincture of sculleap	..	..	1 oz.

Mix, and bottle for use.

Dose : From a teaspoonful to a tablespoonful in a gill of herb tea ; to be given every twenty minutes.

For fits, spasms, convulsions, and all sudden attacks of disease.

## No. 32. SUDORIFIC TINCTURE.

Lobelia	..	..	2 oz.
Saffron	..	..	2 oz.
Camphor	..	..	2 oz.
Virginia snake root	..	..	2 oz.
Pleurisy root	..	..	2 oz.
Hollands gin	..	..	3 quarts

Let it stand two weeks, and filter.

One teaspoonful given in half a teacupful of warm catnep tea, every hour or two, till it produces perspiration.

## No. 33. NEUTRALISING MIXTURE.

Rhubarb, in powder	..	..	1 oz.
Peppermint plant, powdered	..	..	1 oz.
Carbonate of soda	..	..	1 oz.

To a large teaspoonful add half a pint of boiling water. When cold, strain, sweeten with loaf sugar, and add a tablespoonful of brandy.

Dose : One or two tablespoonfuls every hour or two.

This is one of the most valuable preparations known for cholera, diarrhœa, dysentery, and all diseases attended with purging and vomiting.

## No. 34. DIURETIC DECOCTION.

Queen of the meadow	..	..	2 oz,
Milk weed	..	..	2 oz.
Dwarf elder	..	..	2 oz.
Juniper berries	..	..	2 oz.
Spearmint	..	..	2 oz.
Wild carrot seeds	..	..	2 oz

Make a strong decoction.

A wineglassful to be taken three or four times a day.



## No. 35. EXPECTORANT TINCTURE.

Cayenne	..	..	..	$\frac{1}{2}$ oz.
Blood root	..	..	..	1 oz.
Lobelia	..	..	..	1 oz.
Irish whisky	..	..	..	1 pt.

Let it stand one week. When taken, mix with water.

Dose : A teaspoonful three or four times a day.

It is useful in inflammation of the lungs, pleurisy, whooping cough, &c., and when there is any difficulty of expectoration.

## No. 36. FEMALE STRENGTHENING SYRUP.

Comfrey	..	..	..	4 oz.
Elecampane root	..	..	..	2 oz.
Ginger	..	..	..	1 oz.
Liquorice root	..	..	..	1 oz.
Horehound	..	..	..	1 oz.

Boil them in three quarts of water down to three pints, strain and add while warm—

Bethroot, pulverized	..	..	..	$\frac{1}{2}$ oz.
Loaf sugar	..	..	..	1 lb.
Brandy	..	..	..	1 pint

Dose: From half to two-thirds of a wineglassful, three or four times a day.

This is used in female weakness, bearing down of the womb, florid albus, debility, barrenness, &c.

## No. 37. ANTI-MERCURIAL SYRUP.

Sarsaparilla	..	..	..	2 lbs.
Guaiaec. chips	..	..	..	1 lb.
Liquorice	..	..	..	4 oz.
Blue flag	..	..	..	6 oz.
Prickly ash	..	..	..	3 oz.

Boil in two or three waters, until the strength is obtained, forming two gallons of the decoction; to which is to be added, when cold, one and a half gallon molasses and two ounces of the oil of sassafras; the whole to be well shaken together and bottled for use.

This compound is highly recommended by Dr. Smith, of New York, for cancerous, serofulous, and all other humours and taints, particularly for those forms of disease produced by mercury that everywhere exhibit themselves.

Dose: One or two teaspoonfuls three or four times a day, in fumitory and eliver tea, with the Alterative Pills.

## No. 38. WORM SYRUP.

Balmony	..	..	..	2 oz.
Butternut bark	..	..	..	4 oz.
Sage	..	..	..	2 oz.
Bitter root	..	..	..	4 oz.
Golden seal	..	..	..	2 oz.
Gum myrrh	..	..	..	2 oz.
Poplar bark	..	..	..	2 oz.

Boil in one gallon of water down to two quarts, strain and add two pounds of white sugar and half a pint of Hollands gin.

Dose: Four teaspoonfuls once an hour until it acts on the bowels.

Designed to expel worms from the stomach and bowels.

## No. 39. DYSENTERY OR CHOLERA SYRUP.

White pond lily root	..	..	4 oz.
Golden seal	..	..	1 oz.
Bayberry	..	..	4 oz.
Green peppermint plant	..	..	8 oz.

Boil in one and half gallons of water down to one gallon, strain and add—

Gum myrrh	..	..	..	1 oz.
Cayenne	..	..	..	$\frac{1}{4}$ oz.
Rhubarb	..	..	..	4 oz.
Carbonate of soda	..	..	..	$\frac{1}{2}$ oz.
Loaf sugar	..	..	..	1 lb.
Fourth proof brandy	..	..	..	1 pt.

Dose: Half a wine glass once in two hours.

This syrup is an invaluable remedy for diarrhœa, dysentery cholera morbus, and the summer complaints of children.

## No. 40. COUGH DROPS.

Lobelia herb	..	..	..	4 oz.
Horehound	..	..	..	2 oz.
Comfrey	..	..	..	2 oz.
Elecampane	..	..	..	2 oz.
Boneset	..	..	..	4 oz.
Liquorice	..	..	..	4 oz.

Boil in three quarts of water to three pints, strain and add two pounds of white sugar.

Dose: Two teaspoonfuls once an hour; for asthma, croup, cough, whooping cough, consumption, &c. To be taken in a wine glass of linseed tea.

#### No. 41. RHEUMATIC TINCTURE.

Priekly ash	..	..	..	3 oz.
Bitter root	..	..	..	$\frac{1}{2}$ oz.
Whisky	..	..	..	2 quarts.
Poke root, powdered	..	..	..	2 oz.
Cayenne	..	..	..	$\frac{1}{2}$ oz.

Dose : Two teaspoonfuls three times a day.

#### No. 42. SYRUP OF GINGER.

Ginger root, bruised	..	..	..	4 oz.
Boiling water	..	..	..	3 pints.
White sugar	..	..	..	4 lbs.

Macerate the ginger in the water for 24 hours, then strain, add the sugar, and boil to a syrup.

Use: This is a stimulating aromatic syrup, and contains all the properties of the ginger. It is combined with other medicines, and employed in cholera, and for wind in the stomach and bowels.

#### No. 43. SYRUP FOR DYSENTERY.

Rhubarb	..	..	..	2 oz.
Sugar	..	..	..	8 oz.
Wild cherry bark	..	..	..	2 oz.

Simmer awhile in water to form a syrup.

Dose: One tablespoonful every hour until the purging has ceased. Add to the syrup, brandy 2 ounces.

#### No. 44. SYRUP OF HOREHOUND.

Horehound	..	..	..	2 oz.
Spirits	..	..	..	$\frac{1}{2}$ pint.
Boiling water	..	..	..	$\frac{1}{2}$ pint.
Honey	..	..	..	$\frac{1}{4}$ lb.

Essence of lemon, one teaspoonful.

Infuse the horehound in the boiling water and spirits for 48 hours, then strain, and add the honey and the lemon.

Dose : Two teaspoonfuls every four hours for coughs, colds, asthma, &c.

#### No. 45. SYRUP OF RHUBARB.

Best Turkey Rhubarb 2 oz. | Boiling water 1 pint.

Macerate for 24 hours, then add lump sugar 2 lbs. Form into a syrup.

Dose : For young children, one or two teaspoonfuls as a mild aperient, and in diarrhœa, &c.

### TINCTURES.

#### No. 46. TINCTURE OF MYRRH.

Gum myrrh	..	..	..	4 oz.
Rectified spirits of wine	..	..	..	1 pt.

Infuse twelve hours and strain.

This is an excellent wash for offensive ulcers, and for all wounds where there is a tendency to mortification.

#### No. 47. TINCTURE OF LOBELIA.

Lobelia herb	..	..	..	4 oz.
Rectified spirits	..	..	..	1 pt.
Water	..	..	..	1 pt.

Infuse twelve days and strain.

This is a convenient form to administer in many cases, especially for children, and for external application in eruptive forms of disease.

An acid tincture is prepared by putting 4 oz. of lobelia herb into a quart of vinegar.

#### No. 48. TINCTURE OF CAYENNE.

Cayenne	..	..	..	4 oz.
Proof spirits of wine	..	..	..	1 pt.

Infuse for ten days and strain.

Used in all cases of paralysis for bathing, and for rheumatism, swelled joints, &c.

## No. 49. COMPOUND TINCTURE OF MYRRH.

Gum myrrh	..	..	12 oz.
Cayenne	..	..	1 oz.
Fourth proof brandy	..	..	1 gal.

Put them in a jug or glass demi-john, and shake them several times a day for a week, when the liquor may be poured off and bottled for use.

## No. 50. TINCTURE OF GINGER.

Best ginger, bruised	..	..	4 oz.
Spirits	..	..	1 $\frac{1}{2}$ pint.
Cloves	..	..	$\frac{1}{2}$ oz.
Angelica	..	..	$\frac{1}{2}$ oz.

Macerate ten days.

This is a very useful preparation of ginger, as it possesses all the active properties of the root. It is stimulant and carminative, and is very useful in flatulency, wind in the stomach, &c.

## No. 51. TINCTURE OF NERVINE.

Seullcap	..	..	2 oz.
Valerian	..	..	2 oz.
Lavender	..	..	1 oz.
Proof spirits of wine	..	..	1 pint.

Macerate ten days.

Dose: From one to three teaspoonsful, in a little sweetened water.

This is very useful in all nervous disorders.

## No. 52. TINCTURE OF CENTUARY.

Centuary	..	..	1 oz.
Orange peel	..	..	$\frac{1}{2}$ oz.
Bogbean	..	..	$\frac{1}{2}$ oz.
Proof spirits of wine	..	..	1 pint.

Macerate ten days.

One or two teaspoonsful taken before breakfast and dinner will create an appetite and strengthen the stomach.

## No. 53. TINCTURE OF PRICKLY ASH.

Prickly ash berries	..	..	2 oz.
Elecampane	..	..	1 oz.
Proof spirits of wine	..	..	1 $\frac{1}{2}$ pint.

Macerate ten days.

Dose: One or two teaspoonsfuls.

## No. 54. TINCTURE OF BLOOD ROOT.

Blood root	..	..	.. 1 oz.
Whisky	..	..	.. 1 pt.

Mix and digest for a week, then filter.

Dose: Half a teaspoonful in honey, three times a day; in bleeding at the lungs, it may be administered every two hours until nausea is produced.

Very valuable in pulmonary diseases.

## No. 55. TINCTURE OF SERPENTARIA.

Virginia Snake root	..	.. 2 oz.
Proof spirits of wine	..	.. 1 pt.

Macerate fourteen days.

Dose: One teaspoonful. It is stimulant and tonic.

## No. 56. TINCTURE OF COLUMBA.

Columba, bruised	..	.. 2 oz.
Proof spirits	..	.. 1 pt.

Macerate fourteen days.

Dose: One or two teaspoonfuls

Useful in colic, nausea, and indigestion.

## No. 57. TINCTURE OF COHOSH

Black Cohosh root..	..	.. 3 oz.
Rectified spirits of wine	..	.. 1 qt.

Let it stand a week.

Dose: Half a teaspoonful three times a day; in rheumatism, impurity of the blood, and obstinate coughs.

## No. 58. HYDRAGOGUE TINCTURE.

Elder bark	..	.. 1 lb.
Good wine or cider	..	.. 1 gal.

Let it simmer for an hour, then strain and bottle.

Dose: A wineglassful three or four times a day in dandelion and broom tea.

In dropsy it has frequently cured many cases said to be hopeless.



## No. 59. TINCTURE OF KINO.

Kino, bruised	..	..	..	3 oz.
Rectified spirits of wine	..	..	..	2 pts.

Digest for fourteen days.

This is a beautiful astringent tincture.

## INFUSIONS.

## No. 60. INFUSION OF LINSEED.

Linseed	..	..	..	1 oz.
Boiling water	..	..	..	2 pt.

Macerate for four hours.

Demulcent for coughs, colds, hoarseness.

## No. 61. INFUSION OF BONESET.

Boneset	..	..	..	1 oz.
Boiling water	..	..	..	1 pt.

Infuse two hours.

Use in colds, fevers, coughs, &c.

Taken cold, it is an excellent remedy for indigestion.

## No. 62. INFUSION OF BALM.

Balm leaves	..	..	..	1 oz.
White sugar	..	..	..	$\frac{1}{2}$ oz.
Boiling water	..	..	..	1 pt.
Lemon juice	..	..	..	1 oz.

Infuse fifteen minutes, closely covered, then strain.

This forms a good drink, when cold, for a fever.

## No. 63. INFUSION OF ELECAMpane.

Elecampane	..	..	..	1 oz.
Boiling water	..	..	..	1 pt.
Honey ..	..	..	..	1 oz.

Infuse twenty minutes, then strain.

Dose: Half a teacupful every two hours.

As a stomachic and pectoral in cases of coughs, asthma, &c.

## No. 64. INFUSION OF SPEARMINT.

Spearmint	..	..	.. $\frac{1}{2}$ oz.
Boiling water	..	..	.. 1 pt.

Infuse fifteen minutes and strain.

Dose: One teaspoonful every two hours, for a child about one year old.

This tea is excellent for vomiting, nausea, and retching; it is also strongly diuretic, good in fever, &c.

## No. 65. PENNYROYAL TEA.

Pennyroyal leaves, dried	..	..	.. 1 oz.
Boiling water	..	..	.. 1 pt.

Infuse twenty-five minutes.

Dose: A teacupful for an adult, to be taken warm at bedtime.

Excellent in suppression of the menses, strangury, suppression of the urine and gravel.

## No. 66. INFUSION OF VIRGINIA SNAKE ROOT.

Virginia snake root	..	..	.. 1 oz.
Boiling water	..	..	.. 1 pt.

Infuse two hours.

An excellent tonic; very useful in febrile diseases.

## No. 67. SASSAFRAS TEA.

Sassafras, root of the bark	..	..	.. 1 oz.
Boiling water	..	..	.. 1 pt.

Infuse two hours, strain.

Use for purifying the blood and also in rheumatism.

## POULTICES.

## No. 68.

Two parts slippery elm and one of white pond lily.

Add water and milk until of the consistency required.

This poultice is unequalled in point of value for all inflammatory sores, burns, and parts where the skin is off. It smooths the parts, and allays the pain and inflammation. In boils, cancers, tumours, felons, wounds, fistulas, and bad legs, it stands unrivalled.

## No. 69.

Slippery elm two parts, ginger one part, lobelia one part.  
Mix them together with a little warm water.

This makes an excellent poultice for all hard swellings, and gouty feet, stiff, swelled, and painful joints, carbuncles, and whitlows.

## No. 70. LINSEED POULTICE.

Linseed meal, a sufficient quantity.

Mix with warm water.

This may be used when slippery elm cannot be obtained.

## No. 71.

Take slippery elm and an equal quantity of the dregs of tincture of myrrh.

Moisten with a little water, and add a small quantity of golden seal.

This is very useful in indolent ulcers, carbuncles, and long-standing inflammation.

## GARGLES.

## No. 72.

Red sage	..	..	.. 1 oz.
Hyssop	..	..	.. 1 oz.

Pour on one quart of boiling water, let it stand one hour, then strain, and add one dram of borax.

Use : In apthae, quinsy, sore throat, &c.

## No. 73.

Barm	..	..	.. a wineglassful
Milk	..	..	.. one gill

Sweeten with molasses or treacle.

An excellent gargle for sore throats.

## No. 74.

Cayenne	..	..	2 tablespoonfuls
Salt	..	..	1 teaspoonful
Boiling vinegar	..	..	half a pint
Boiling water	..	..	half a pint

Mix, infuse, and strain.

This gargle is employed in bad cases of scarlatina.

**EYE WATERS.**

## No. 75.

Golden seal	::	::	:: 1 gr.
Cayenne	::	::	:: 1 gr.

Infuse for 24 hours in a wineglassful of cold water.

This is a very useful stimulating lotion.

## No. 76.

Golden seal	..	..	.. 2 gr.
Cayenne	..	..	.. 1 gr.
Lobelia	..	..	.. 1 gr.

Infuse as above.

This is a stimulating, relaxing lotion, very good for sore eyes.

## No. 77.

Take a wineglassful of raspberry leaf tea, then add a few drops of compound tincture of myrrh.

**INJECTIONS.**

Injections exercise a powerful influence on the neighbouring parts and organs, hence they are of great value in stoppage of urine, suppression of the menses, and inflammation of the womb, bladder, kidneys, bowels, and for habitual costiveness.

## No. 78. RELAXING INJECTIONS.

Lobelia herb	..	..	.. $\frac{1}{2}$ dr.
Slippery Elm	..	..	.. $\frac{1}{2}$ dr.
Scullcap	..	..	.. $\frac{1}{2}$ dr.
Valerian root	..	..	.. 1 dr.
Boiling water two teacupsful.			

Let it steep about ten minutes, then strain, and administer milkwarm.

## No. 79. CARMINATIVE.

Camomile flowers	..	..	.. 1 oz.
Aniseeds	..	..	.. $\frac{1}{2}$ oz.

Boil in a pint and a half of water to one pint.

## No. 80. INJECTION FOR COSTIVENESS.

Use about six or eight ounces of cold water every morning. It will move the bowels and gradually strengthen them.

## LINIMENTS.

### No. 81. TIC LINIMENT.

Tincture of Cayenne	..	..	1 oz.
Tincture of Valerian	..	..	1 oz.
Tincture of Myrrh	..	..	1 oz.
Gum Camphor	..	..	1 oz.
Olive Oil	..	..	2 oz.

Dissolve the Camphor in the Tinctures, add the oil and shake well together.

A valuable application in neuralgia, tic doloieux, ague in the face, &c.

Bathe the part affected with the above liniment, and repeat if necessary.

### No. 82. RHEUMATIC LINIMENT.

Cayenne	..	..	1 tablespoonful.
Salt	..	..	4 "

Pour on one pint of boiling vinegar, when cold, take two ounces of simple tincture of myrrh and one dram each of the essential oil of spearmint, sassafras, and origanum, shake the oils well with the tincture of myrrh, before mixing with the vinegar. cayenne and salt.

Bathe the parts affected with the hand or flannel, night and morning.

### No. 83. LINIMENT FOR BURNS.

Take equal parts of Florence oil, or fresh drawn linseed oil, and limewater, shake them well together in a wide-mouthed bottle, so as to form a liniment.

This is found to be an excellent application for recent scalds or burns. It may either be spread upon a cloth, or the parts affected may be anointed with it twice or thrice a day.

## OINTMENTS.

### No. 84. MEADOW-FERN OINTMENT.

Take of meadow-fern leaves and balm of Gilead buds, well bruised or pounded, each three ounces; fresh lard, a pound. Moisten the buds with water, and simmer them in the lard over a

slow fire until they cease to be glutinous, which will be in three or four hours; then add the meadow-fern burs, also moistened with water, and continue the simmering until their strength is extracted, which may be determined by rubbing them through the fingers, and ascertaining that they do not emit a fragrant smell. Pass the ointment through a coarse cloth, or sieve, and pour it into some convenient vessel.

An excellent application in tetters, seald head, soreness of the lips, itch, poison from ivy or dog-wood, and various cutaneous eruptions.

#### No. 85. WHITE OINTMENT.

Take of olive oil one pint, white wax and spermaceti, of each three ounces. Melt them with a gentle heat, and keep them constantly and briskly stirring together till cold.

If two drams of camphor, previously rubbed with a small quantity of oil, be added to the above, it will make the *White Camphorated Ointment*.

#### No. 86. OINTMENT OF SULPHUR.

Hog's lard, prepared, four ounces; flower of sulphur, an ounce and a half; essence of lemon, ten or twelve drops.

Make them into an ointment.

This ointment, rubbed upon the parts affected, will generally cure the itch. It is both the safest and best application for that purpose; and, when made in this way, has no disagreeable smell.

#### No. 87. PILE OINTMENT.

Cranesbill	..	..	..	1 oz.
Pinus canadensis	..	..	..	1 oz.
Oak galls	..	..	..	1 oz.

All in fine powder, mix well in one pound of lard.

Very useful in external piles.

Spread the ointment on a piece of linen or soft leather, and confine it to the parts by means of a bandage.

#### No. 88. HEALING SALVE.

Venice turpentine, beeswax, and fresh lard, of each one ounce,



tincture of myrrh, two drams. Melt them together, and simmer for ten or fifteen minutes, then add golden seal, half an ounce stir till cold.

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#### No. 89. DISCUTIENT OINTMENT.

Yellow dock	..	..	..	$\frac{1}{4}$ lb.
Poke root	..	..	..	$\frac{1}{4}$ lb.
Bittersweet, bark of the root			..	2 oz.

All well bruised, cover with lard and simmer until the strength is extracted.

This ointment is exceedingly valuable in discussing serofulous, indolent and glandular tumours, and swellings.

Apply it on the part with lint and secure with a proper bandage.

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### ELECTUARIES.

#### No. 90. ELECTUARY FOR THE PILES.

Flowers of sulphur, one ounce; cream of tartar, half an ounce; treacle, a sufficient quantity to form an electuary.

Dose: A teaspoonful of this may be taken three or four times a day.

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#### No. 91 ELECTUARY FOR THE PALSY.

Powdered mustard seed, and conserve of roses, each an ounce; syrup of ginger, enough to make an electuary.

Dose: A teaspoonful of this may be taken three or four times a day.

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#### No. 92. LENITIVE ELECTUARY.

Take of senna, in fine powder, eight ounces; coriander seed, also in powder, four ounces; pulp of tamarinds and of French prunes, each a pound.

Mix the pulps and powders together, and with a sufficient quantity of simple syrup, reduce the whole into an electuary.

A teaspoonful of this electuary, taken two or three times a day, generally proves an agreeable laxative.

## DECOCTIONS.

## No. 93. DECOCTION OF SARSAPARILLA.

Take of fresh sarsaparilla root, sliced and bruised, two ounces; shavings of guaiacum wood, one ounce; boil over a slow fire in three quarts of water, to one; adding towards the end, half an ounce of sassafras wood, and three drams of liquorice.

Strain the decoction.

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## No. 94. DECOCTION OF MALLOWS.

Take of the roots of marsh-mallows, moderately dried, three ounces; raisins of the sun, one ounce; water, three pints.

Boil the ingredients in the water till one-third of it is consumed; afterwards strain the decoction, and let it stand for some time to settle. If the roots be thoroughly dried, they must be boiled till one-half of the water be consumed.

In coughs, and sharp defluations upon the lungs, this decoction may be used for ordinary drink.

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## No. 95. DECOCTION OF SENEKA.

Take of seneka or rattlesnake root, one ounce; water, a pint and a half.

Boil to one pint and strain.

This is recommended in pleurisy, dropsy, rheumatism, and some obstinate disorders of the skin.

Dose: Two ounces three or four times a day, or oftener if the stomach will bear it.

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## No. 96. TOOTHACHE DROPS.

Oil of sassafras .. ..	$\frac{1}{2}$ oz.
Oil of summer savory .. ..	$\frac{1}{2}$ oz.
Oil of cloves .. ..	$\frac{1}{2}$ oz.
Oil of spearmint .. ..	$\frac{1}{2}$ oz.

Mix; dip a piece of cotton in the drops, and put it in the tooth.

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## IMPORTANT NOTICE.

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THE following is a List of the "Select Compounds," Pills, &c., which we principally use in our own extensive practice. We can, with the greatest confidence, recommend them for the diseases named under their respective heads. For the convenience of those who do not wish to be at the trouble of preparing them, we will send them direct from our Establishment at the prices stated below.

### No. 1. EXPECTORANT.

This compound is carefully prepared from the choicest plants, and contains nothing that can possibly injure the most delicate constitution: being entirely free from narcotic poisons or other deleterious drugs.

Use: For coughs, Colds, asthma, consumption, hoarseness, tightness of the chest, shortness of breath, wind or spasms, and all diseases of the chest, lungs and bronchial tubes. This medicine has, in many instances, cured patients who have been given up as incurably consumptive.

*In Bottles, 3s6d. each. A case containing four bottles 11s.*

### No. 3. DIURETIC.

This compound is an excellent remedy for dropsy, gravel, stone in the bladder, pain in the back or lumbago, difficulty in voiding urine, ulceration of the bladder and all affections of the kidneys, and will certainly cure all cases that can be cured by medicine.

*In Bottles, 3s6d. A case containing four bottles, 11s.*

### No. 4. HEPATIC AND STOMACHIC.

Most of our readers are, no doubt, aware, that the practice of taking mercury or *blue pills* for liver complaint is most pernicious. In the treatment of all diseases of the stomach and liver, the object is to be attained by producing a healthy action of the digestive organs without causing an undue irritation of the bowels. We can confidently recommend this compound for all the distressing symptoms arising from a weakened stomach and sluggish liver; the symptoms of which are indigestion, general debility, loss of appetite, pains between the shoulders, restless nights, shooting pains in the region of the liver, jaundice, dizziness, acidity or heartburn, cramp and pain at the pit of the stomach, constipation, flatulency, &c.

*In Bottles, 3s6d. each. A case containing four bottles, 11s.*

### No. 5. NERVINE.

Of all diseases that flesh is heir to, nervousness is the most distressing to the sufferer, and if neglected, most dire in its consequences. The symptoms of this complaint are so diversified that we can only mention a few of them here. The most prominent are: pains in the head, flushing heats and cold chills, dimness of sight, fluttering at the heart, a sense of internal weakness, irritability, fear, loss of memory, faint sweats, low spirits, incapacity and distaste for business or pleasure, frightful dreams, &c. We recommend this compound for the above symptoms as being a safe and certain remedy, often giving relief in a very short time. It may also be taken with great advantage in all cases of epilepsy, neuralgia, paralysis, St. Vitus's dance, hysteria and all female irregularities.

This is our most expensive compound, and will only be sent in cases, containing four bottles, sufficient for one month, price 21s.



#### No. 6. ALTERATIVE.

This is an excellent remedy for all impurities of the blood; and will, therefore, cure tumours, cancers, scurvy, scrofula, piles, abscess, ulcers, sore legs, pimples, blotches, shingles, boils and all mercurial eruptions. It cleanses the blood from all impurities and restores the system to the natural strength and vigour.

*In Bottles, 3s6d. each. A case containing four bottles, 11s.*

#### No. 7. ARTHRITIC.

This is an invaluable remedy for all rheumatic affections. It never fails to give relief in all cases of gout, sciatica, stiff joints, hard swellings, &c., the medicine being taken and the liniment No. 82 applied to the part affected.

*In Bottles, 3s6d. each. A case containing four bottles, 11s.*

#### No. 25. NERVINE PILLS.

These pills are prepared of nearly the same ingredients as the Compound No. 5, and will, in slight cases, answer all the purposes required; but in cases of long standing, and especially if the system is weakened by excessive indulgence in the pleasures of life or otherwise, the No. 5 will have to be resorted to, in order to effect a cure.

*In boxes 1s. and 2s6d. Sent to any address for 13 or 30 Stamps.*

#### No. 28. FEMALE PILLS.

These are particularly designed for female irregularities, such as obstruction, irritation, fluor albus, bearing down, profuse menstruation, and for those going through the change of life. Weakly females should never be without them.

*Sent post free to any address for 24 Postage Stamps.*

#### No. 82. RHEUMATIC LINIMENT.

This is for external application in all rheumatic affections; and will, in the majority of cases, give instant relief. In slight attacks, this liniment alone will effect a cure; but in cases of long standing, the No. 7 Compound should be taken in addition to using the liniment.

*A case of the ingredients, sufficient to prepare one pint of Liniment, sent post free for 30 Stamps.*

#### INDIAN PILLS.

This is a mild aperient, and should be kept in every house; as by taking a few doses of them in time, a long train of painful symptoms of indigestion, costiveness, headache, &c., will be avoided. Their action upon the system is such as not to expose the patient to taking cold, simply stimulating the bowels to healthy action.

*Sent Post free, to any address, for 13 Postage Stamps.*

All Letters must be addressed—

Medical Dispensary, 17, HYDE PARK CORNER, SOUTHSEA, HANTS.

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